



Guavas, raw, common

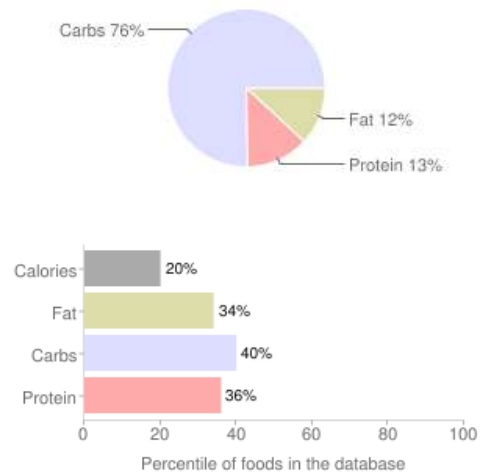
Select serving size:

Nutrition Facts	
Serving Size	28 g
Amount Per Serving	
Calories	19
% Daily Value *	
Total Fat 0.3g	0 %
Saturated Fat 0.1g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1.5g	5 %
Sugar 2.5g	
Protein 0.7g	1 %
Vitamin D 0.00mcg	0 %
Calcium 5.04mg	0 %
Iron 0.07mg	0 %
Potassium 117mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Calories by source

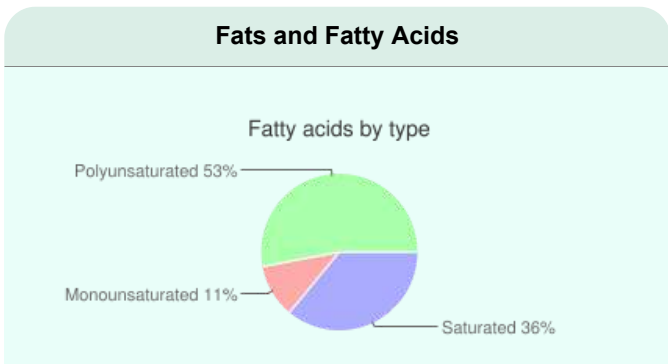


Guavas, raw, common nutrition facts and analysis per serving

Vitamins		
Nutrient	Amount	DV
Choline	2.1 mg	
Folate, DFE	13.72 mcg	3 %
Folate, food	13.72 mcg	

Carbohydrates		
Nutrient	Amount	DV
Carbohydrate	4.01 g	1 %
Fiber	1.5 g	5 %
Sugars	2.50 g	

Folic acid	0.00 mcg	
Niacin	0.304 mg	2 %
Pantothenic acid	0.126 mg	3 %
Riboflavin	0.011 mg	1 %
Thiamin	0.019 mg	2 %
Vitamin A	174.72 IU	3 %
Vitamin A, RAE	8.68 mcg	
Carotene, alpha	0.00 mcg	
Carotene, beta	104.72 mcg	
Cryptoxanthin, beta	0.00 mcg	
Lutein + zeaxanthin	0.00 mcg	
Lycopene	1457.12 mcg	
Vitamin B12	0.00 mcg	0 %
Vitamin B12, added	0.00 mcg	
Vitamin B6	0.031 mg	2 %
Vitamin C	63.9 mg	71 %
Vitamin D	0.00 mcg	0 %
Vitamin E (alpha-tocopherol)	0.20 mg	1 %
Vitamin E, added	0.00 mg	
Tocopherol, alpha	0.20 mg	
Vitamin K	0.7 mcg	1 %



Nutrient	Amount	DV
Fat	0.27 g	0 %
Saturated fatty acids	0.076 g	0 %
Butanoic acid	0.000 g	
Decanoic acid	0.000 g	
Dodecanoic acid	0.000 g	
Hexadecanoic acid	0.064 g	
Hexanoic acid	0.000 g	
Octadecanoic acid	0.007 g	
Octanoic acid	0.000 g	
Tetradecanoic acid	0.005 g	
Monounsaturated fatty acids	0.024 g	
Docosenoic acid	0.000 g	
Eicosenoic acid	0.000 g	
Hexadecenoic acid	0.001 g	
Octadecenoic acid	0.023 g	
Polyunsaturated fatty acids	0.112 g	
Docosahexaenoic n-3 acid (DHA)	0.00 g	
Docosapentaenoic n-3 acid (DPA)	0.00 g	
Eicosapentaenoic n-3 acid (EPA)	0.00 g	
Eicosatetraenoic acid	0.000 g	
Octadecadienoic acid	0.081 g	
Octadecatetraenoic acid	0.000 g	
Octadecatrienoic acid	0.031 g	
Fatty acids, total trans	0.000 g	

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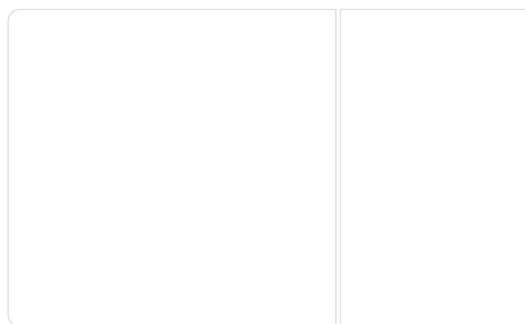
Minerals

Nutrient	Amount	DV
Calcium, Ca	5.04 mg	0 %

Copper, Cu	0.064 mg	7 %
Iron, Fe	0.07 mg	0 %
Magnesium, Mg	6.16 mg	2 %
Manganese, Mn	0.042 mg	2 %
Phosphorus, P	11.20 mg	2 %
Potassium, K	116.76 mg	2 %
Selenium, Se	0.2 mcg	0 %
Sodium, Na	0.56 mg	0 %
Zinc, Zn	0.06 mg	1 %

Proteins and Aminoacids

Nutrient	Amount	DV
Protein	0.71 g	1 %
Alanine	0.036 g	
Arginine	0.018 g	
Aspartic acid	0.045 g	
Glutamic acid	0.093 g	
Glycine	0.036 g	
Histidine	0.006 g	1 %
Isoleucine	0.026 g	2 %
Leucine	0.048 g	2 %
Lysine	0.020 g	1 %
Methionine	0.004 g	
Phenylalanine	0.002 g	
Proline	0.022 g	
Serine	0.021 g	
Threonine	0.027 g	3 %
Tryptophan	0.006 g	2 %
Tyrosine	0.009 g	
Valine	0.024 g	1 %
Phenylalanine + Tyrosine	0.011 g	1 %
Methionine + Cysteine	0.004 g	0 %



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Sterols

Nutrient	Amount	DV
Cholesterol	0.00 mg	0 %

Other

Nutrient	Amount	DV
Alcohol, ethyl	0.0 g	
Ash	0.39 g	
Caffeine	0.00 mg	
Folate	13.72 mcg	
Retinol	0.00 mcg	
Theobromine	0.00 mg	
Vitamin D, IU	0.00 IU	
Water	22.62 g	

Foods related to guavas, raw, common[Guavas, raw, strawberry](#)[Lemon peel, raw](#)[Prickly pears, raw](#)[Sapote, raw, mamey](#)[Pears, bartlett, raw](#)[Pears, bosc, raw](#)[Java-plum, raw, \(jambolan\)](#)[Kiwifruit, raw, green](#)[Lime juice, raw](#)[Sugar-apples, raw, \(sweetsop\)](#)

Guavas, raw, common contains 19 calories per 28 g serving. One serving contains 0.3 g of fat, 0.7 g of protein and 4 g of carbohydrate. The latter is 2.5 g sugar and 1.5 g of dietary fiber, the rest is complex carbohydrate. Guavas, raw, common contains 0.1 g of saturated fat and 0 mg of cholesterol per serving. 28 g of Guavas, raw, common contains 174.72 IU vitamin A, 63.9 mg of vitamin C and 0.00 mcg of vitamin D as well as 0.07 mg of iron, 5.04 mg of calcium and 117 mg of potassium. Guavas, raw, common belong to 'Fruits and Fruit Juices' food category.

Food properties

Source

[Standard reference](#)

Category

[Fruits and Fruit Juices](#)

Nutrition facts for Guavas, raw, common, recommended daily values and analysis. Daily values are based on 2000 calorie diet and 155 lbs body weight ([change](#)). Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database.

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