

FRUIT OF THE WEEK

(In our fruit bowl- Try It)



Passion Fruit

Vitamin A	25%	Vitamin C	50%
Calcium	1%	Iron	8%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	7%

HEALTH BENEFITS

Provides **Nutrition**. There is a long list of healthy benefits, essential **nutrients** and **vitamins** that passion fruit has to offer. It contains **vitamin A & Vitamin C, iron, potassium, protein, flavonoids, antioxidants** and **fiber** for a better **immunity** and good health