

BITTERMELON



ATMAGOSU

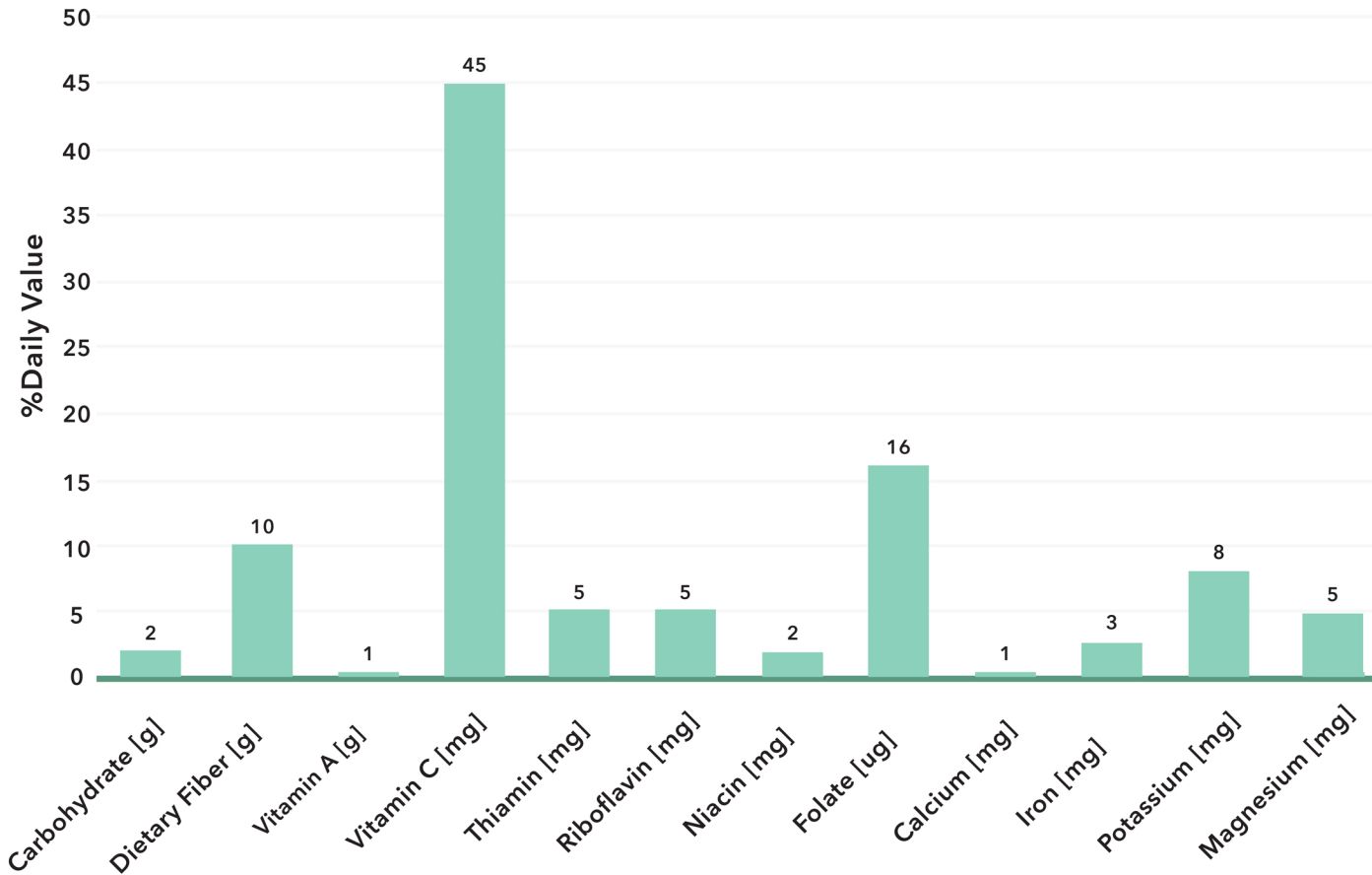
BITTERMELON/ATMAGOSU

(CHamoru Name)

Momordica charantia

SEASON

Peak availability
year-round
January through
December



DID YOU KNOW?

Bittermelon has been used as traditional medicine in the Asia-Pacific region.

Graph based upon USDA Database nutrient composition for 1 cup balsam-pear, pods, cooked, boiled, drained (124 g)

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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