

BREADFRUIT

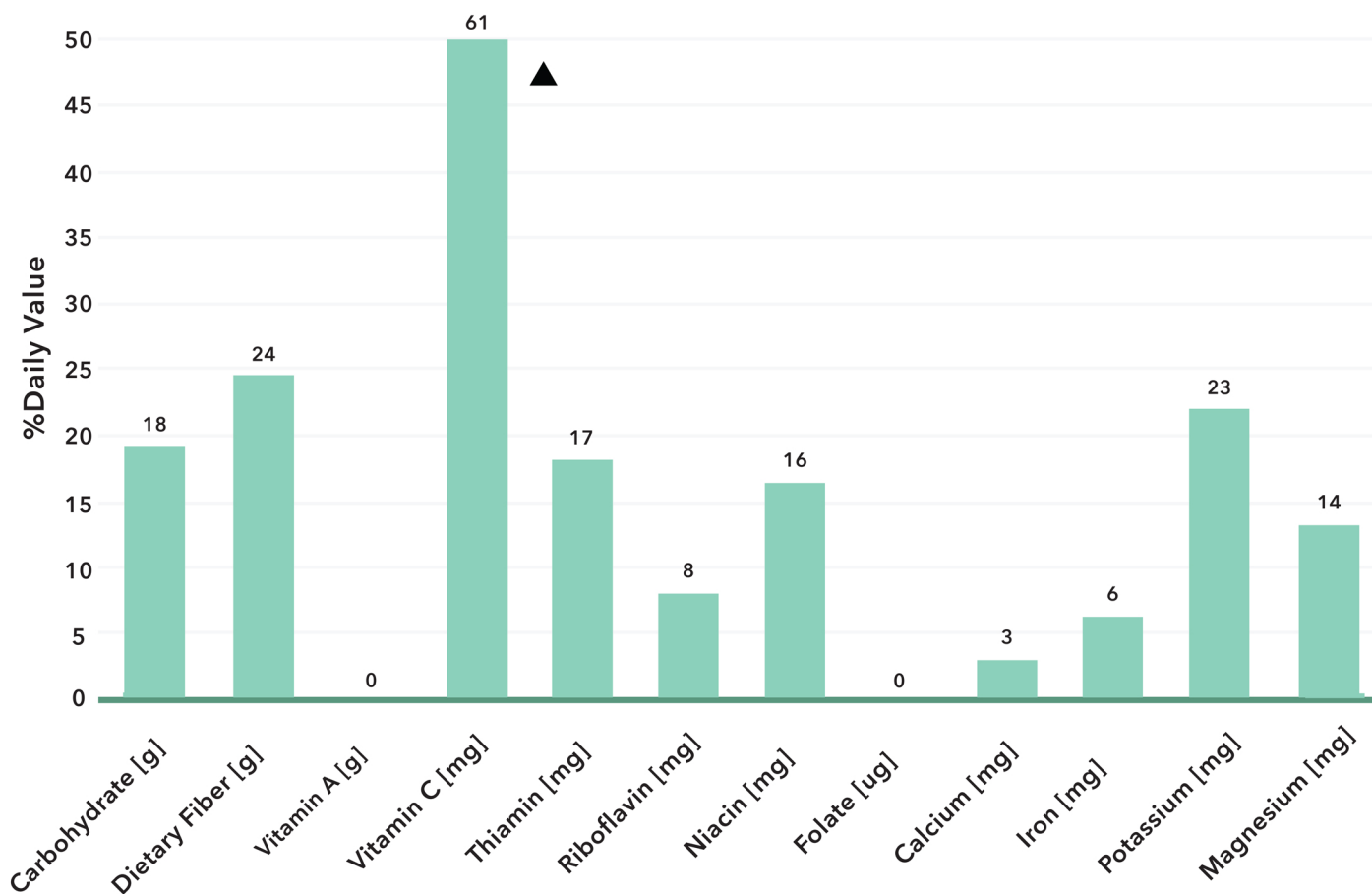


LEMMAI

BREADFRUIT/LEMMAI

(CHamoru Name)

Artocarpus altilis



* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

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

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SEASON

Peak availability
April through
October;
moderate
availability
February through
November

DID YOU KNOW?

Breadfruit can be made (cooked, dried, then ground) into a flour and used in many recipes

Graph based upon Hawaii Foods database nutrient composition for 1 cup baked (252 g)

