

SOURSOP

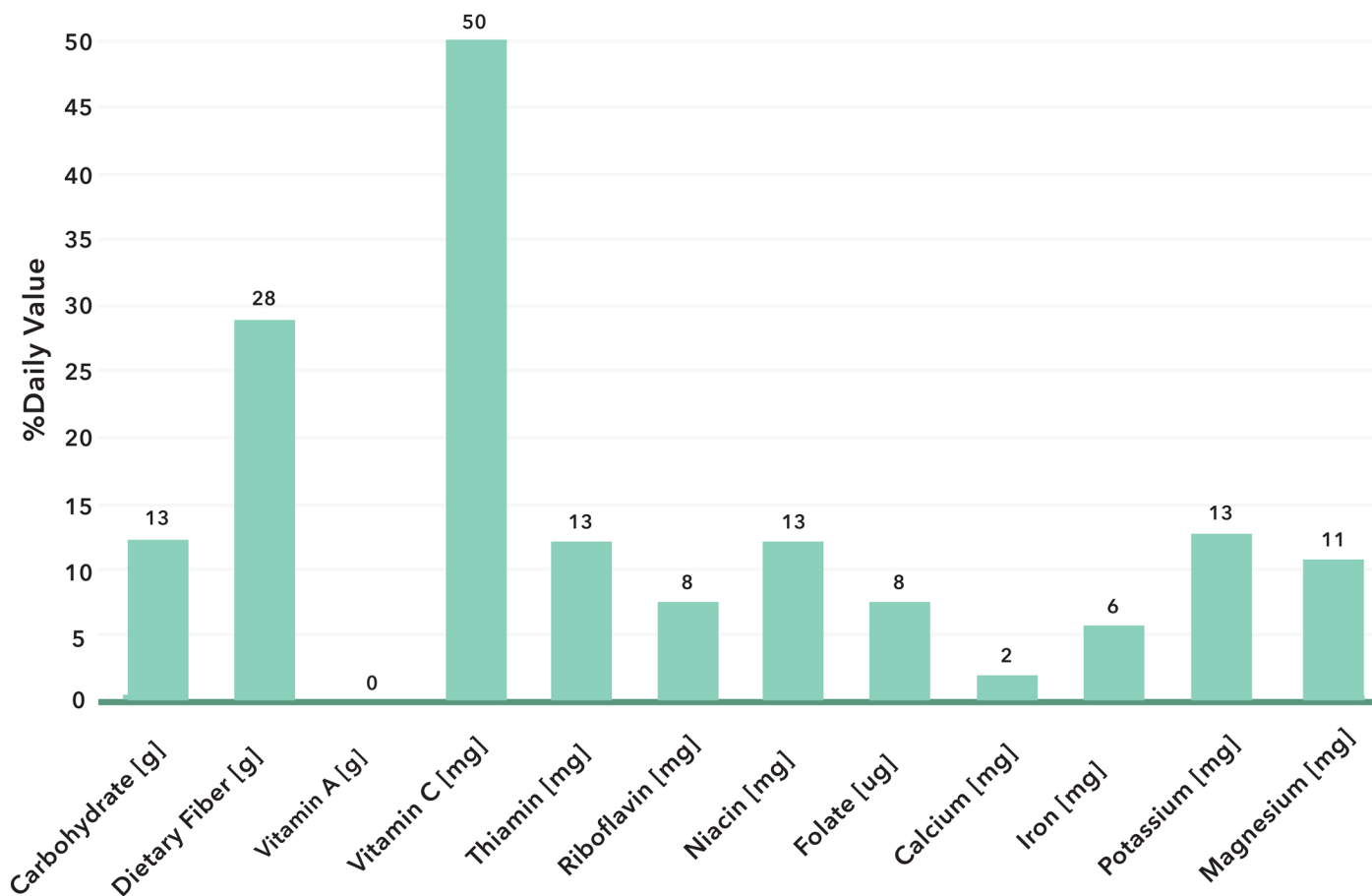


LAGUANÁ

SOURSOP/LAGUANÀ

(CHamoru Name)

Annona muricata



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

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SEASON

Available year-round but peak availability April through October

DID YOU KNOW?

Enjoy soursop (flesh) in juices, smoothies, teas, desserts, or raw, but remove the seeds as they are toxic!

Graph based upon Hawaii Foods database nutrient composition for 1 cup soursop pulp (225 g)

