

SWEETSOP

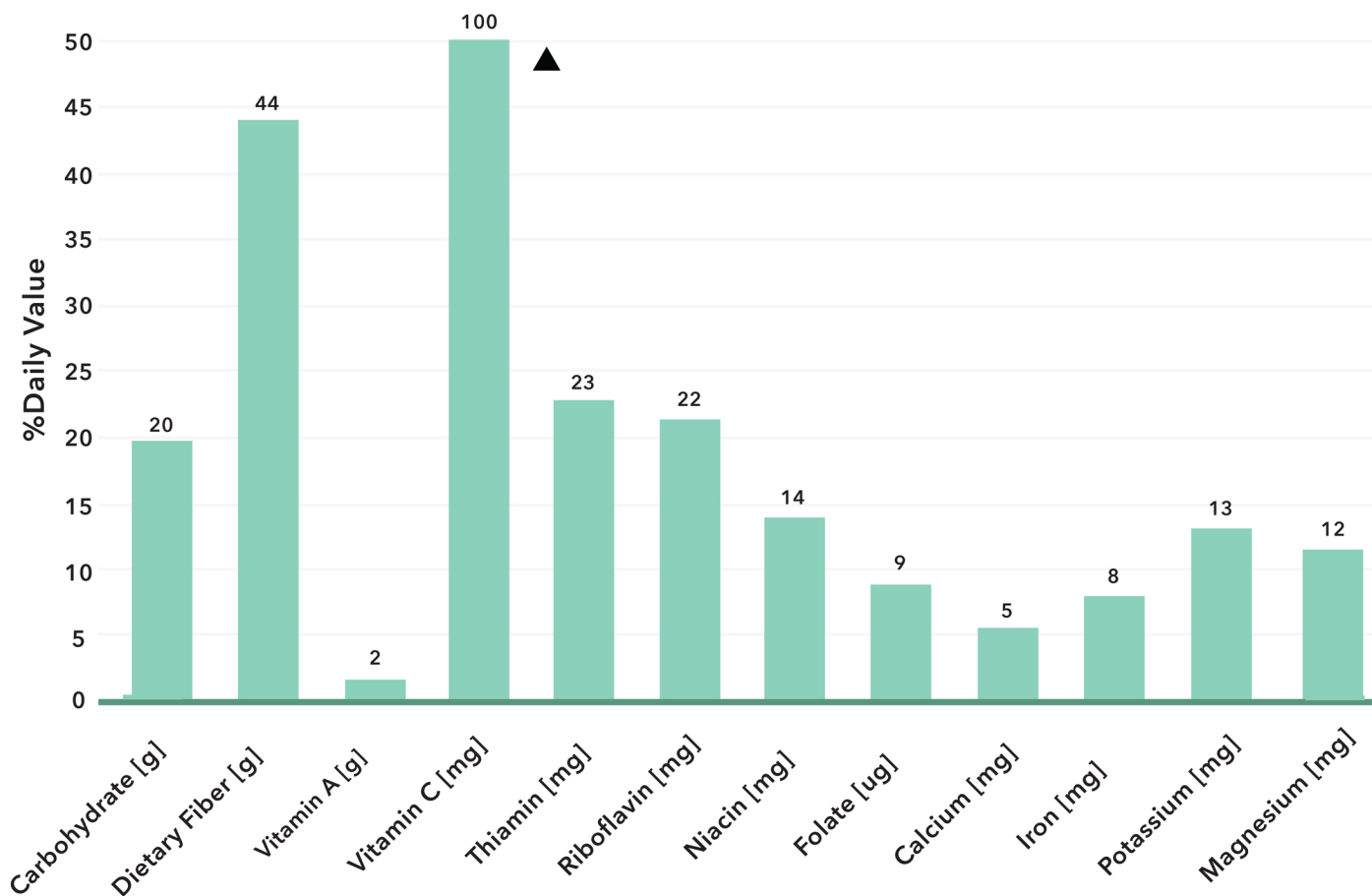


ÅTES

SWEET SOP / ÆTES

(CHamoru Name)

Annona squamosa



* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

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

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SEASON

Available,
January, May
through October,
December;
peak availability
June through
September

DID YOU KNOW?

One cup of this
seasonal fruit has
your entire daily
need of vitamin
C and nearly half
your daily need
of fiber.

Graph based upon
USDA database nutrient
composition for 1 cup
(250 g) raw, pulp

