

**Nutrient composition of 20 breadfruit varieties  
at the National Tropical Botanical Garden, Hawaii  
[per 100 g (approx. ½ cup) of edible portion].**

Nutrient	Range	Average
Energy (kcal)	107-138	121
Protein (g)	0.6-1.3	1
Carbohydrate (g)	25-33	29
Fat (g)	0.1-0.2	0.2
Fiber (g)	2.1-7.4	5.2
Water (g)	65-73	69
Calcium (mg)	10-30	20
Iron (mg)	0.4-1.1	0.6
Magnesium (mg)	20-30	24
Phosphorus (mg)	18-41	32
Potassium (mg)	283-437	350
Sodium (mg)	13-70	22
Zinc (mg)	0.07-0.13	0.1
Copper (mg)	0.04-0.15	0.1
Manganese (mg)	0.04-0.08	0.1
alpha-carotene (µg)	0	0
β-carotene (µg)	8-20	13
β-cryptoxanthin (µg)*	8-11	9
lycopene (µg)*	13-26	17
lutein (µg)	41-120	72
Vitamin C (mg)	2-12	4
B1 Thiamin (mg)	0.09-0.15	0.1
B2 Riboflavin (mg)	0.02-0.05	0.03
B3 Niacin (mg)	0.75-1.4	1
Folic acid (µg)*	0.67-1.0	0.8

β-cryptoxanthin: detected in 2 varieties; Lycopene: 4 varieties;  
Folic acid: 3 varieties.

Table based on: Ragone, D. and C.G. Cavaletto. 2006.  
Sensory evaluation of fruit quality and nutritional composition of 20 breadfruit  
(*Artocarpus*, Moraceae) cultivars. *Economic Botany* 60(4): 335-346.