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Nutritional value of Pitanga, (Surinam-cherry), raw Serving Size: 1 Cup, 173 g Calories 57 Kcal. Calories from Fat 6.21 Kcal. Proximity Amount % DV Water 157.1 g N/D Energy 57 Kcal N/D Energy 239 kJ ... Nutrition label, facts, carbs and calories for Pitanga, (surinam-cherry), raw. Embed or print nutrition label. The Surinam Cherry takes its name from Surinam, the old Dutch name for the country of Guyana in South America. The plant is native to the Caribbean and Venezuela, but it has been introduced ... Suriname cherry (*Eugenia uniflora*) is a tropical fruit rich in vitamin C, fiber, and antioxidants that may help lower the risk of heart disease, protect eye and skin health, prevent constipation, and fight ... A serving of 100 grams of pitanga, (surinam-cherry), raw has 44% of the recommended daily needs of vitamin c. About 81% of the calories in surinam cherry comes from carbohydrates (30 calories). Surinam cherry contains 7.5 grams of carbohydrates per every 100 grams. Pitanga (Surinam cherry) nutrition (100 grams). Richest in Vitamin C: 26mg (29% of DV), Vitamin A: 75µg (8% of DV). Calories:33, Net carbs: 7.49, Protein: 0.8. Source: USDA. Oct 23, 2025 · The best time to eat Surinam cherries is during the morning or early afternoon, preferably after meals. This timing supports digestion and helps your body absorb nutrients more efficiently. May 1, 2026 · Discover Surinam cherry nutrition facts, vitamin C content, South American superfruit benefits, antioxidant properties, immune support, traditional uses, recipes, and comprehensive ... Sep 13, 2025 · Thanks to its anti-inflammatory properties, the cherry is used as a folk remedy in South America against stomach diseases. In addition, Surinam cherry is also known for its use for blood ...

Pitanga, (Surinam-cherry), raw - Health Benefits

Surinam Cherry Nutrition Facts - South American Superfruit, Vitamin C

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Pitanga, (surinam-cherry), Raw - Serving Size 100 grams

Surinam Cherry: Health Benefits & Nutrition Facts (Plus Recipes)

Pitanga, (surinam-cherry), raw | Nutrition Facts, Carbs & Calories

[Surinam Cherry Nutrition Facts | NatureClaim](#)

Surinam Cherries: 20 Benefits, Nutrition, Side Effects & How Much to Eat

[Surinam cherry — Nutrition Facts](#)

[Pitanga \(Surinam cherry\) nutrition: calories, carbs, GI, protein, fiber ...](#)

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