

Calorie chart: tropical fruits (PDF)

Calories, protein, carbohydrate and fat for 58 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Abiyuch	1/2 cup (114 g)	79	69	1.5	17.6	0.1
Acerola	1 cup (98 g)	31	32	0.4	7.7	0.3
Avocado	1 avocado, whole (201 g)	322	160	2	8.5	14.7
Baked Plantain	1 cup (139 g)	215	155	1.5	41.4	0.2
Banana	1 medium (7" to 7-7/8" long) (118 g)	105	89	1.1	22.8	0.3
Boiled Plantain	1 cup (137 g)	166	121	1.1	29.2	0.1
Breadfruit	1 cup (220 g)	227	103	1.1	27.1	0.2
California Avocado	1 cup, pureed (230 g)	384	167	2	8.6	15.4
Canned Jackfruit	1 cup, drained (178 g)	164	92	0.4	23.9	0.1
Canned Mangosteen in Syrup	1 cup, drained (196 g)	143	73	0.4	17.9	0.6
Canned Nance in Syrup Drained	3 fruit without pits (11.1 g)	11	95	0.6	22.8	1.3
Canned Papaya Heavy Syrup Drained	1 piece (39 g)	80	206	0.1	55.8	0.6
Canned Pineapple	1 cup, crushed, sliced, or chunks (249 g)	149	60	0.4	15.7	0.1
Canned Pineapple Extra Heavy Syrup	1 cup, crushed, sliced, or chunks (260 g)	216	83	0.3	21.5	0.1
Canned Pineapple in Syrup	1 cup, crushed, sliced, or chunks (254 g)	198	78	0.4	20.2	0.1
Canned Pineapple Juice Pack Drained	1 cup, chunks (181 g)	109	60	0.5	15.6	0.1
Canned Pineapple Light Syrup	1 cup, crushed, sliced, or chunks (252 g)	131	52	0.4	13.5	0.1
Canned Pineapple Water Pack	1 cup, crushed, sliced, or chunks (246 g)	79	32	0.4	8.3	0.1
Canned Rambutan in Syrup	1 cup, drained (150 g)	123	82	0.7	20.9	0.2
Canned Tropical Fruit Salad Heavy Syrup	1 cup (257 g)	221	86	0.4	22.4	0.1
Carissa	1 cup slices (150 g)	93	62	0.5	13.6	1.3
Cherimoya	1 cup, pieces (160 g)	120	75	1.6	17.7	0.7
Custard Apple	100 g	101	101	1.7	25.2	0.6
Durian	1 cup, chopped or diced (243 g)	357	147	1.5	27.1	5.3
Extra Sweet Pineapple	1 cup, chunks (165 g)	84	51	0.5	13.5	0.1
Feijoa	1 fruit without peel (42 g)	26	61	0.7	15.2	0.4
Florida Avocado	1 cup, pureed (230 g)	276	120	2.2	7.8	10.1
Fried Plantain	1 cup (118 g)	365	309	1.5	49.2	11.8
Frozen Nance	1 cup without pits, thawed (112 g)	82	73	0.7	17	1.2
Frozen Naranjilla Pulp	1 cup thawed (120 g)	30	25	0.4	5.9	0.2
Frozen Sweetened Pineapple Chunks	1 cup, chunks (245 g)	211	86	0.4	22.2	0.1
Green Plantain	1 plantain (267 g)	406	152	1.3	36.7	0.1
Guava	1 fruit, without refuse (55 g)	37	68	2.6	14.3	1
Guava Sauce	1 cup (238 g)	86	36	0.3	9.5	0.1
Jackfruit	1 cup, sliced (165 g)	157	95	1.7	23.3	0.6
Java Plum	1 cup (135 g)	81	60	0.7	15.6	0.2
Kiwi	1 fruit (2" dia) (69 g)	42	61	1.1	14.7	0.5

Food	Per serving		Per 100 g			
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Latino Restaurant Fried Yellow Plantains	1 cup (169 g)	399	236	1.4	40.8	7.5
Longan	1 fruit without refuse (3.2 g)	2	60	1.3	15.1	0.1
Lychee	1 cup (190 g)	125	66	0.8	16.5	0.4
Mamey Sapote	1 cup 1" pieces (175 g)	217	124	1.5	32.1	0.5
Mammy Apple	1 fruit without refuse (846 g)	431	51	0.5	12.5	0.5
Mango	1 cup pieces (165 g)	99	60	0.8	15	0.4
Papaya	1 cup 1" pieces (145 g)	62	43	0.5	10.8	0.3
Passion Fruit	1 fruit without refuse (18 g)	17	97	2.2	23.4	0.7
Pineapple	1 cup, chunks (165 g)	83	50	0.5	13.1	0.1
Pineapple Traditional Varieties	1 cup, chunks (165 g)	74	45	0.6	11.8	0.1
Pitanga	1 cup (173 g)	57	33	0.8	7.5	0.4
Plantain	1 plantain (270 g)	329	122	1.3	31.9	0.4
Rose Apple	100 g	25	25	0.6	5.7	0.3
Rowal	1/2 cup (114 g)	127	111	2.3	23.9	2
Sapodilla	1 sapodilla (170 g)	141	83	0.4	20	1.1
Soursop	1 cup, pulp (225 g)	149	66	1	16.8	0.3
Star Fruit	1 medium (3-5/8" long) (91 g)	28	31	1	6.7	0.3
Strawberry Guava	1 cup (244 g)	168	69	0.6	17.4	0.6
Sugar Apple	1 cup, pulp (250 g)	235	94	2.1	23.6	0.3
Tamarind	1 cup, pulp (120 g)	287	239	2.8	62.5	0.6
Zespri SunGold Kiwifruit	1 fruit (81 g)	51	63	1	15.8	0.3

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/tropical-fruits/>