

# KETO LOW CARB FRUIT

- Net carbs per 100g/3.5oz -



Star Fruit

3.9g



Coconut

4.8g



Raspberries

4.8g



Blackberries

4.9g



Strawberries

5.5g



Lemons

6.5g



Papaya

7.1g



Red Currants

7.3g



Blueberries

7.4g



Limes

7.7g



Watermelon

8.3g



Gooseberries

8.5g



Peaches

8.9g



Clementines

9.0g



Oranges

9.2g



Pomelo

9.4g



Plums

10.2g



Kiwi

10.8g



Apples

11.4g



Pears

12.4g



Honeydew Melon

12.4g



Figs

12.9g



Dragon Fruit

13.0g



Pineapple

13.1g



Physalis

13.3g



Cherries

13.3g



Passion Fruit

13.4g



Grapes

15.6g



Pomegranate

16.7g



Lychee

17.0g