

Sapota

Area Under Cultivation

India is considered to be the largest producer of sapota in the world. It is mainly cultivated in the coastal areas of Maharashtra, Karnataka, Tamil Nadu, Kerala, Uttar Pradesh, west Bengal, Punjab and Haryana.

Botanical Name :- Achras zapota

Family :- Sapotaceae

Plant Discription :

It is a small to medium sized evergreen tree with a spreading crown and straight stem. The leaves are elliptic obovate and bears flowers solitary or in fascicles, white or pale yellow in colour.

Centre of Origin : Tropical America

Pollination System : Cross pollinated

Chromosome No : 2n=26

Nutritional Levels:

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
73.7	0.7	1.1	0.5	2.6	21.4	98
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
27	269	28	25	1.25	5.9	0.08
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.68	0.16	17	26	0	0.008	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
97	0.02	0.03	0.2	6	0	0
Folic acid- Total (mg/100g)						
0						