

Nutrition Facts

Serving Size 1 cup, sliced (165g)

Serving Per Container

Amount per Serving

Calories 110 **Calories from fat 5**

% Daily Value *

Total fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 24g

Protein 1g

Vitamin A 25% * **Vitamin C 80%**

Calcium 2% * **Iron 2%**

* Percent Daily Value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

		Calories	2,000	2,500
Total fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	20g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram

Fat 9 * Carbohydrate 4 * Protein 4