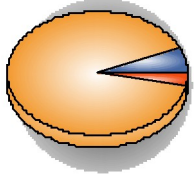


Cherries

Recipe grams: 68.00g/2.4oz

Serves 1 68.00g/2.4oz per serving



Protein: 7%
Carbohydrates: 90%
Fat: 3%

INGREDIENTS

10 fruits Cherries raw



NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	43		Vit-C (mg)	5	8%
Protein (g)	1	1%	Vit-D (IU)	0	0%
Carbohydrates (g)	11	4%	Vit-E (IU)	0	0%
Dietary Fiber (g)	1	6%	Calcium (mg)	9	1%
Fat (g)	0	0%	Magnesium (mg)	7	2%
Cholesterol (mg)	0	0%	Phosphorus (mg)	14	1%
Vit-A IU	0*	0%	Potassium (mg)	151	
			Sodium (mg)	0	0%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.
Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.