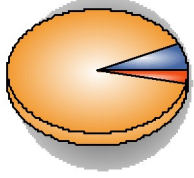


## Clementines - 3

Recipe grams: 222.00g/7.8oz

Serves 1 222.00g/7.8oz per serving



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

### INGREDIENTS

3 fruit Clementine, Raw



### NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	104		Vit-B6 Pyridoxine (mg)	0	8%
Protein (g)	2	4%	Total Folate (mcg)	53	13%
Carbohydrates (g)	27	9%	Vit-C (mg)	108	181%
Dietary Fiber (g)	4	15%	Vit-D (IU)	0	0%
Fat (g)	0	1%	Vit-E (IU)	1	2%
Cholesterol (mg)	0*	0%	Calcium (mg)	67	7%
Vit-A (mcg_RAE)	0*		Magnesium (mg)	22	6%
Vit-B1 Thiamine (mg)	0	13%	Potassium (mg)	393	
Vit-B2 Riboflavin (mg)	0	4%	Sodium (mg)	2	0%
Vit-B3 Niacin (mg)	1	7%	Iron (mg)	0	2%
			Selenium (mcg)	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.