

Prunes-Pitted, Organic

Nutrition Facts

Serving Size: 40g

Serving per Container:

Amount per Serving

| | | | |
|---------------------|------|--------------------|------|
| Calories | 110 | Calories from Fat: | 0 |
| % Daily Value * | | | |
| Total Fat | 0 g | | 0 % |
| Saturated Fat | 0 g | | 0 % |
| <i>Trans</i> Fat | 0 g | | |
| Cholesterol | 0 mg | | 0 % |
| Sodium | 5 mg | | 0 % |
| Total Carbohydrates | 26 g | | 9 % |
| Dietary Fiber | 2 g | | 10 % |
| Sugars | 13 g | | |
| Protein | 1 g | | |

| | | | |
|-----------|-----|-----------|-----|
| Vitamin A | 10% | Vitamin C | 4 % |
| Calcium | 2% | Iron | 4 % |

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on calorie needs.

| | Calories: | 2,000 | 2,500 |
|---------------------|-----------|----------|----------|
| Total Fat | Less than | 65 g | 80 g |
| Sat Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrates | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |

| | | | |
|-------------------|---|---------------|---|
| Calories per gram | | | |
| Fat | 9 | Carbohydrates | 4 |
| | | Protein | 4 |

Ingredients: Organic Prunes

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.