

Prunes w/ Pits

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories	250	Calories from Fat:	4
% Daily Value *			
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	2 mg		0 %
Total Carbohydrates	67 g		22 %
Dietary Fiber	7 g		16 %
Sugars	40 g		
Protein	2 g		

Vitamin A	16%	Vitamin C	2 %
Calcium	5%	Iron	6 %

* 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: Prunes, Sorbate

*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.