



Nutrition Facts

Material: **5+1 Cherries**

Item: E4

Date: 11/22/2016

Nutrient	100g
Calories (Cal)	91
Protein (g)	1
Total Carbohydrate (g)	23.27
Available Carbohydrates (g)	23.27
Total sugars (g)	22.17
Added sugar (g)	12.15
Dietary fiber (g)	1.1
Insoluble Fiber	0.7
Soluble Fiber	0.4
Total Fat (g)	0.1
Saturated Fat (g)	0.02
Monounsaturated Fat(g)	0.03
Polyunsaturated Fat (g)	0.03
Trans Fat (g)	0
Cholesterol (mg)	0
Potassium (mg)	115
Vitamin A (mcg Eq Re)	714
Thiamine (mg)	0
Riboflavin (mg)	0
Niacin (mg)	0.2
Vitamin B12 (mcg)	0
Vitamin C (mg)	2
Vitamin D (mg)	0
Folic acid (mcg)	5
Calcium (mg)	10
Iron (mg)	1.3
Phosphorus (mg)	10
Magnesium (mg)	6
Sodium (mg)	7
Zinc (mg)	0.1
Water (g)	75.7
Ash (g)	0.4

The source of our nutrient determination: USDA National Nutrient Data