



# CHERRIES NUTRITION FACTS

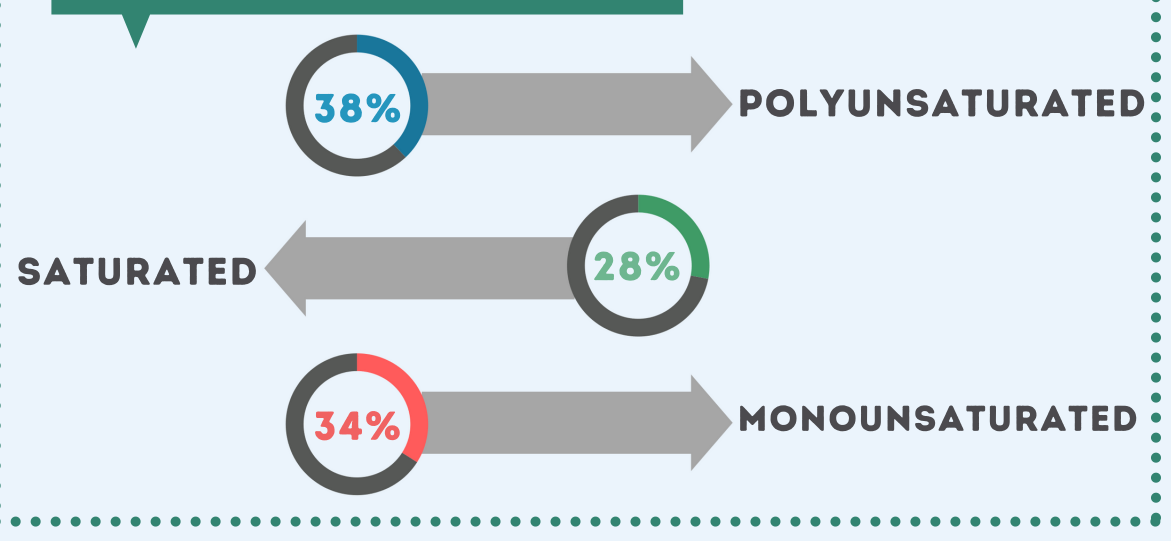


## CALORIES 63/100GM

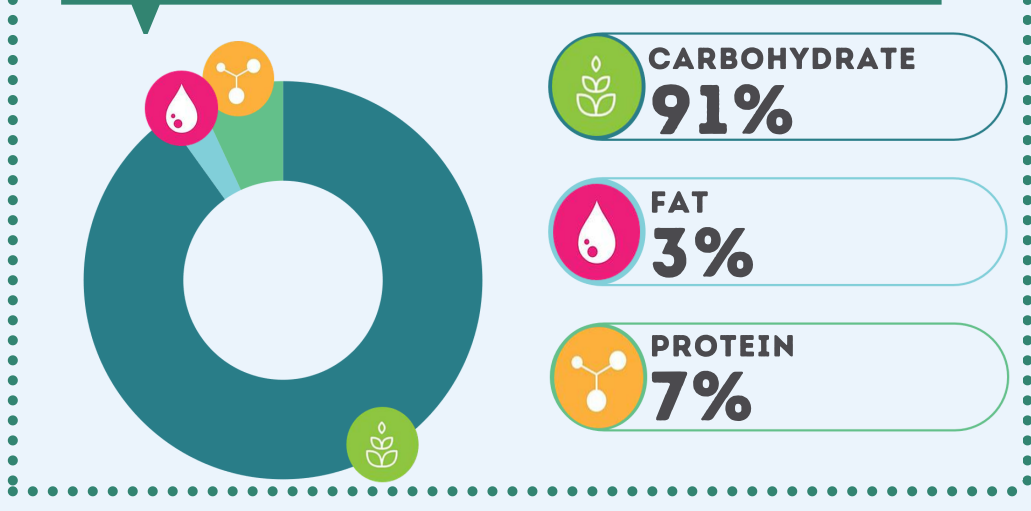
	AMOUNT		AMOUNT
CARBOHYDRATE	16.01 G	NIACIN	0.154 MG
FAT	0.20 G	VITAMIN A	3.00 MCG
PROTEIN	1.06 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.049 MG
FIBER	2.1 G	VITAMIN C	7 MG
RIBOFLAVIN	0.033 MG	VITAMIN D	0.00
SODIUM, NA	0.00	FOLATE	4.00 MCG
THIAMIN	0.027 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### CHERRIES OTHER NAMES

- PRUNUS AVIUM
- SWEET CHERRY
- MAZZARD
- GEAN

### MINERALS IN CHERRIES

13 MG	CALCIUM, CA	1 % (DV)
0.060 MG	COPPER, CU	7 % (DV)
0.36 MG	IRON, FE	2 % (DV)
11 MG	MAGNESIUM, MG	3 % (DV)
0.00 MG	SELENIUM, SE	0 % (DV)
21 MG	PHOSPHORUS, P	3 % (DV)
222 MG	POTASSIUM, K	5 % (DV)
0.07 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.