



PEAR NUTRITION FACTS

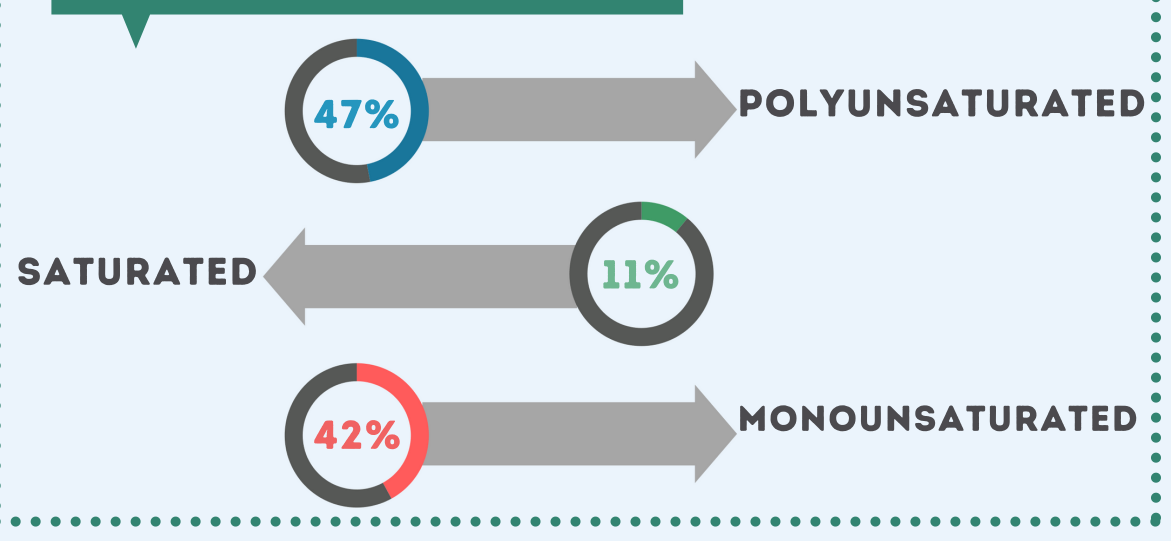


CALORIES 57/100GM

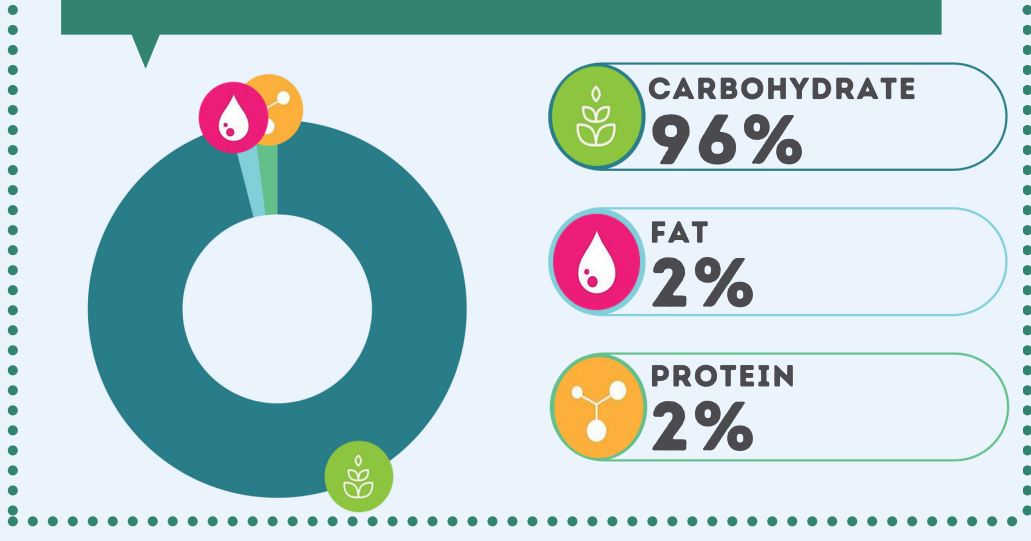
	AMOUNT		AMOUNT
CARBOHYDRATE	15.23 G	NIACIN	0.161 MG
FAT	0.14 G	VITAMIN A	1 MCG
PROTEIN	0.36 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.029 MG
FIBER	3.1 G	VITAMIN C	4.3 MG
RIBOFLAVIN	0.026 MG	VITAMIN D	0.00
SODIUM, NA	1 MG	FOLATE	7 MCG
THIAMIN	0.012 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PEAR OTHER NAMES

PYRUS COMMUNIS L.
PERA
PIRA

MINERALS IN PEAR

9 MG	CALCIUM, CA	1 % (DV)
0.082 MG	COPPER, CU	9 % (DV)
0.18 MG	IRON, FE	1 % (DV)
7 MG	MAGNESIUM, MG	2 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
12 MG	PHOSPHORUS, P	2 % (DV)
116 MG	POTASSIUM, K	2 % (DV)
0.10 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.