

PLUMS

NUTRITION FACTS



CALORIES

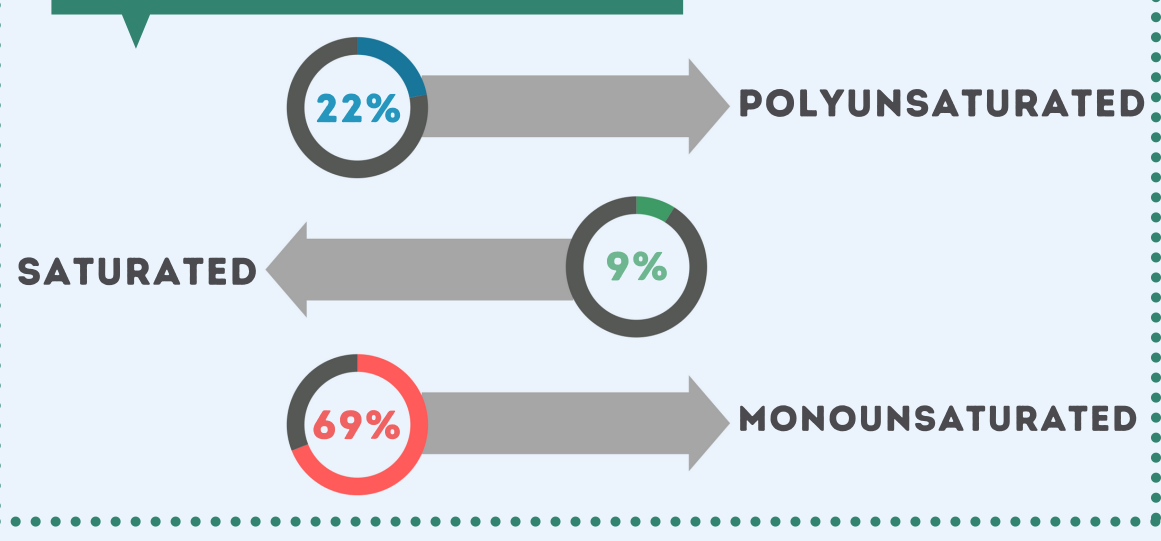
46/100GM

	AMOUNT
CARBOHYDRATE	11.42 G
FAT	0.28 G
PROTEIN	0.70 G
CHOLESTEROL	0.00
FIBER	1.4 G
RIBOFLAVIN	0.026 MG
SODIUM, NA	0.00
THIAMIN	0.028 MG

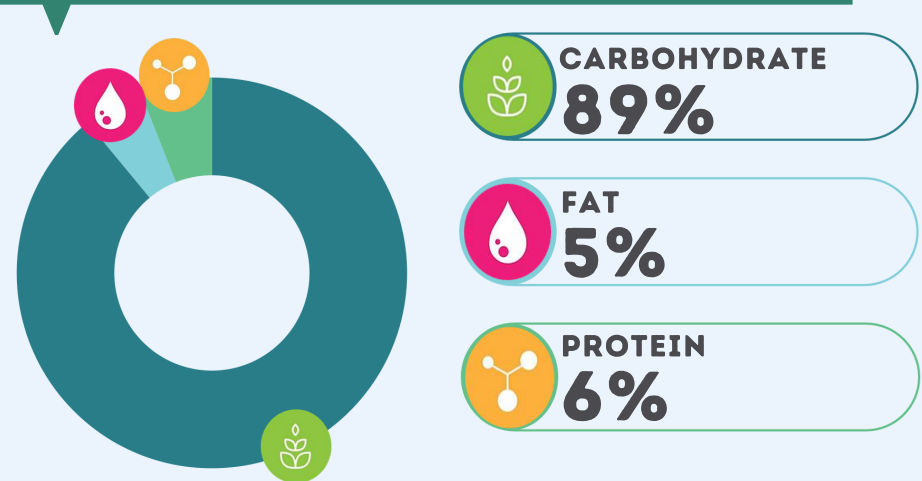
	AMOUNT
NIACIN	0.417 MG
VITAMIN A	17 MCG
VITAMIN B12	0.00
VITAMIN B6	0.029 MG
VITAMIN C	9.5 MG
VITAMIN D	0.00
FOLATE	5 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PLUMS OTHER NAMES

- PRUNUS DOMESTICA
- PLUME
- PRÜNUM

MINERALS IN PLUMS

6 MG	CALCIUM, CA	0 % (DV)
0.057 MG	COPPER, CU	6 % (DV)
0.17 MG	IRON, FE	1 % (DV)
7 MG	MAGNESIUM, MG	2 % (DV)
0.00 MG	SELENIUM, SE	0 % (DV)
16 MG	PHOSPHORUS, P	2 % (DV)
157 MG	POTASSIUM, K	3 % (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.