



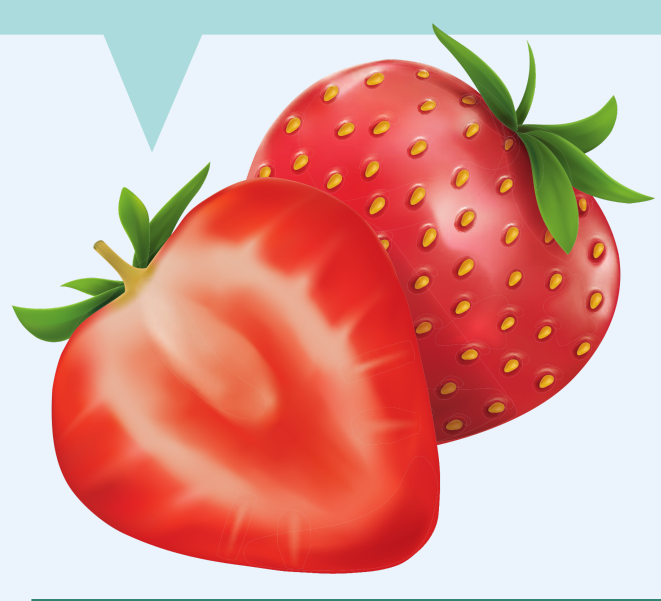
# STRAWBERRIES NUTRITION FACTS



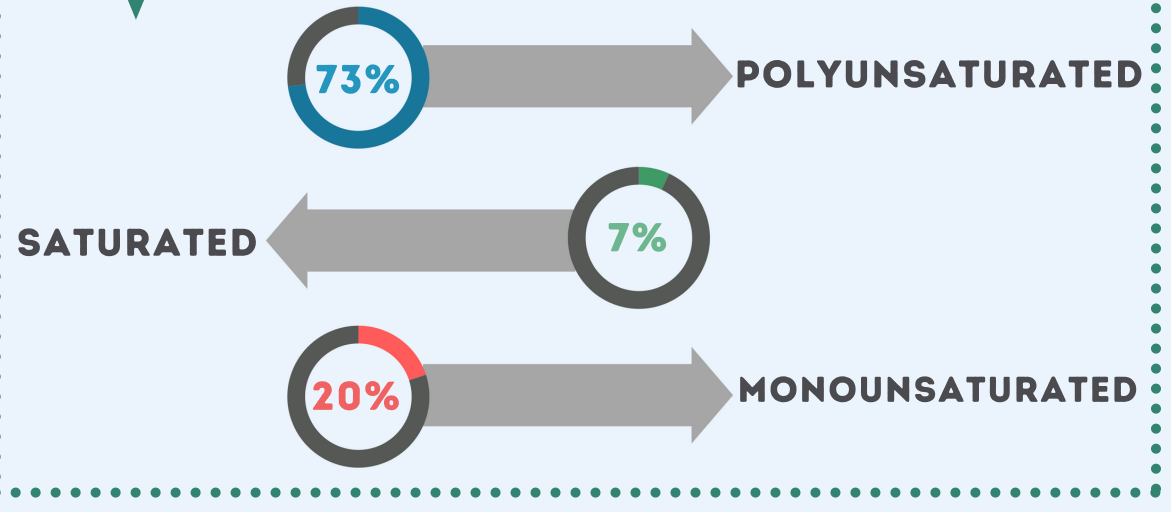
## CALORIES 32/100GM

	AMOUNT
CARBOHYDRATE	7.68 G
FAT	0.30 G
PROTEIN	0.67 G
CHOLESTEROL	0.00
FIBER	2.0 G
RIBOFLAVIN	0.022 MG
SODIUM, NA	1 MG
THIAMIN	0.024 MG

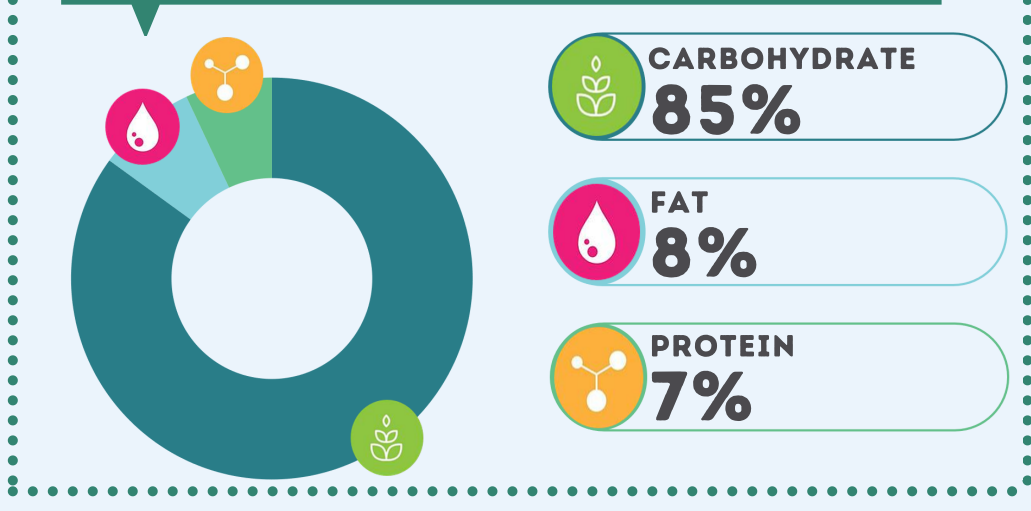
	AMOUNT
NIACIN	0.386 MG
VITAMIN A	1 MCG
VITAMIN B12	0.00
VITAMIN B6	0.047 MG
VITAMIN C	58.8 MG
VITAMIN D	0.00
FOLATE	24 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### STRAWBERRIES OTHER NAMES

- FRAGARIA ANANASSA
- FRESA
- FRAISE
- EARTHBERRY

### MINERALS IN STRAWBERRIES

16 MG	CALCIUM, CA	1 % (DV)
0.048 MG	COPPER, CU	5 % (DV)
0.41 MG	IRON, FE	2 % (DV)
13 MG	MAGNESIUM, MG	3 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
24 MG	PHOSPHORUS, P	3 % (DV)
153 MG	POTASSIUM, K	3 % (DV)
0.14 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.