

Kiwifruit

Serving Size

1 cup sliced, 37 g

Amount Per Serving

Calories 110

	% Daily Value *
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 26 g	10%
Dietary Fiber 4 g	13%
Total Sugars 20 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 37 mg	2%
Iron 0.54 mg	2%
Potassium 590 mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: