

Pomegranates

Serving Size

1 cup (150g)

grams

Amount Per Serving

Calories **70**

	% Daily Value *
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 16 g	6%
Dietary Fiber 3 g	12%
Total Sugars 12 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 9 mg	0%
Iron 0.26 mg	2%
Potassium 210 mg	4%

*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: