

Prickly Pears

Serving Size

████████████████████

grams

Amount Per Serving

Calories **60**

████████████████████ % 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 14 g **5%**

Dietary Fiber 5 g **19%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 1 g

████████████████████

Vitamin D 0 mcg **0%**

Calcium 83 mg **6%**

Iron 0.45 mg **2%**

Potassium 330 mg **6%**

████████████████████

*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:
