

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: