

# HIMIC

EST. FARMS 1887

## NUTRITION FACTS

NUTRITION	PEACH	NECTARINE	PLUM/PLUMCOT	RED GRAPES	GREEN GRAPES
SERVING SIZE	100 g	100 g	100 g	100 g	100 g
CALORIES	46	43	46	86	80
PROTEIN	.91 g	1.06 g	.7 g	.91 g	.9 g
TOTAL FAT	.27 g	.13 g	.28 g	.16 g	.23 g
SATURATED FAT	0g	0 g	0 g	0 g	0 g
CARBOHYDRATES	9.89 g	9.39 g	11.4 g	20.2 g	18.6 g
FIBER	1.5 g	1.5 g	1.4 g	2.9 g?	2.5 g?
SUGAR	8.39 g	7.89 g	9.92 g	17.3 g	16.1 g
ADDED SUGAR	0 g	0 g	0 g	0 g	0 g
SODIUM	13 mg	13 mg	0 g	7 mg	3 mg
CALCIUM	4 mg	2 mg	6 mg	10 mg	10 mg
IRON	.34 mg	.3 mg	.17 mg	.16 mg	.2 mg
POTASSIUM	122 mg	131 mg	157 mg	229 mg	218 mg
VITAMIN C	4.1 mg	2.9 mg	9.5 mg	3.3 mg	3 mg
VITAMIN A	24 ug	21 ug	17 ug		
MAGNESIUM	8 mg	8.8 mg	7 mg	8.6 mg	7.1 mg



\* NUTRITION INFORMATION IS DERIVED FROM USDA FOOD DATA CENTRAL