

Persimmons

Nutrition Facts

Serving Size: $\frac{1}{2}$ medium persimmon
(84g)

Calories 59 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 16g 5%

Dietary Fiber 3g 12%

Sugars 11g

Protein 0g

Vitamin A 27% Calcium 1%

Vitamin C 11% Iron 1%

Other nutrients: Beta-carotene (213mcg),
Lycopene (134mcg), Lutein+zeaxanthin
(701mcg)

Source: www.nal.usda.gov/fnic/foodcomp/search/
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