

Plums

Nutrition Facts

Serving Size: 1 medium plum (66g)	
Calories 30	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 0g	
Vitamin A 5%	Calcium 0%
Vitamin C 10%	Iron 1%

Other nutrients: Vitamin K (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09279

Dried Plums

Nutrition Facts

Serving Size: ¼ cup dried plums (44g)
 Calories 104 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 28g	9%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 1%	Iron 2%

Other nutrients: Vitamin K, Potassium (9%), Magnesium (5%), Riboflavin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
 NDB No: 09291