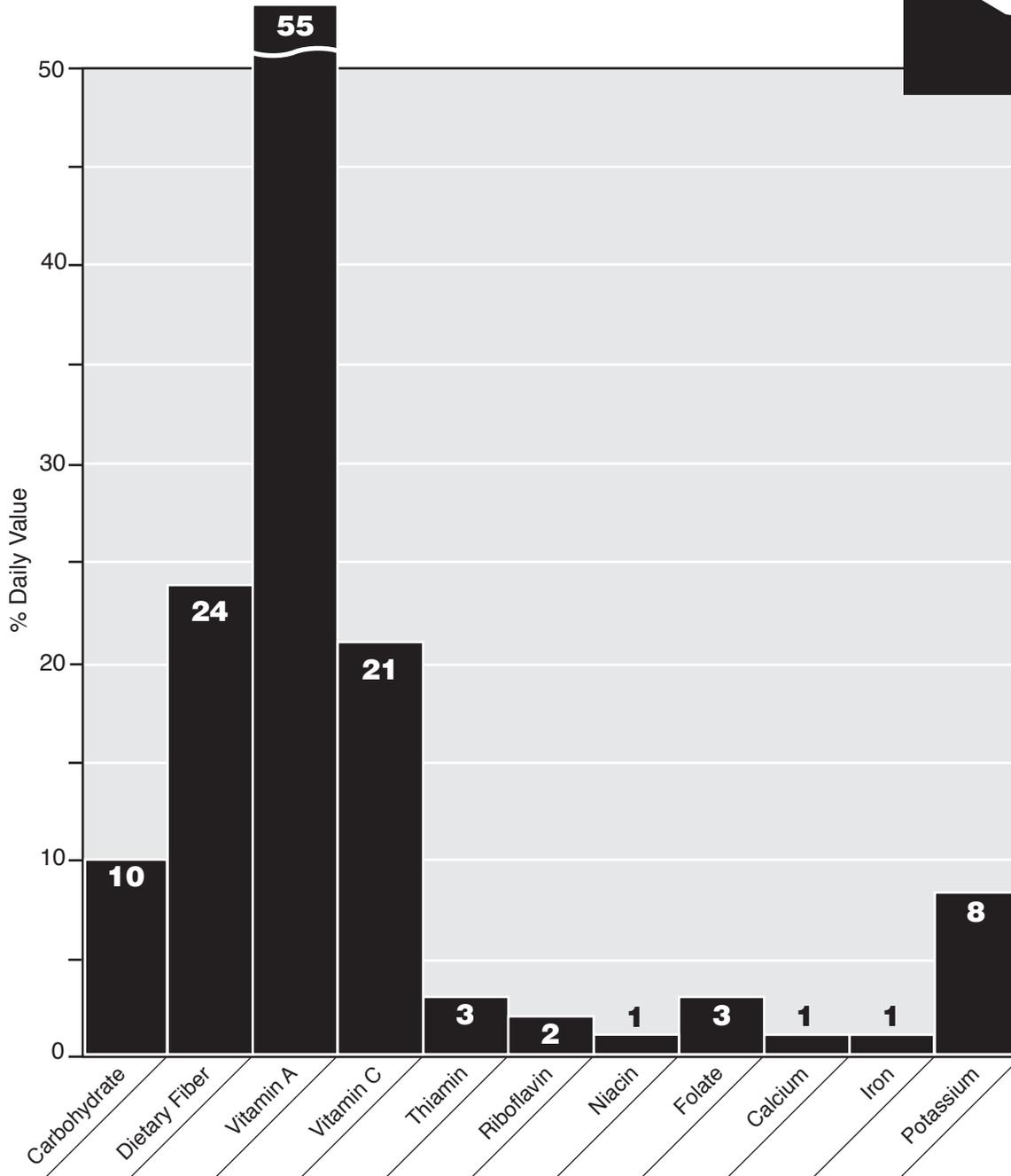


Persimmon

Ebenaceae *Diospyros virginiana*
 (analysis based on *peeled* raw Fuyu persimmon)
 Pictured from top: Fuyu, Hachiya persimmons



Serving Size

- 1 Medium Persimmon
- 168 Grams
- 118 Calories
 - 2% from fat
 - 3% from protein
 - 95% from carbohydrate
- 1 Gram Protein
- 31 Grams Carbohydrate
 - 6 grams dietary fiber
- 0.3 Gram Fat
- 135 Grams Water
- 2 Milligrams Sodium

