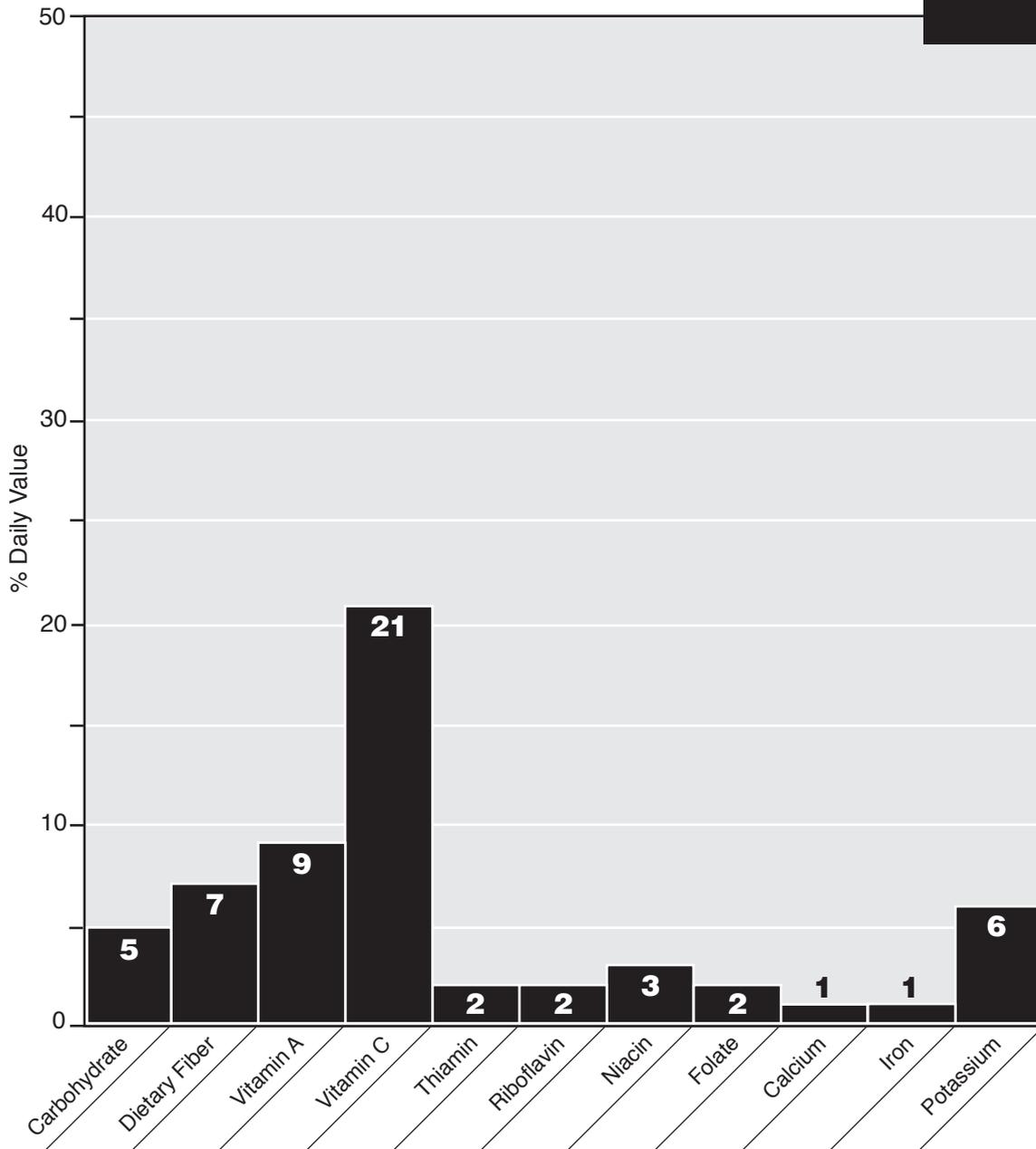


Plum

Rosaceae *Prunus* spp.

(analysis based on *unpeeled* raw plum)

Pictured: Red Beauty plums



Serving Size

- 2 Medium Plums
- 131 Grams
- 60 Calories
 - 6% from fat
 - 5% from protein
 - 90% from carbohydrate
- 1 Gram Protein
- 15 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.4 Gram Fat
- 114 Grams Water
- 0 Milligrams Sodium

