

# Pears

## Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)

Calories 41

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 9%

Sugars 7g

Protein 0g

Vitamin A 1%

Calcium 1%

Vitamin C 5%

Iron 1%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
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