

# Strawberries

## Nutrition Facts

Serving Size: ½ cup strawberries (72g)	
Calories 23	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 6g	2%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 71%	Iron 2%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09316

# Strawberries

## Nutrition Facts

Serving Size: ½ cup strawberries, sliced  
(83g)

Calories 27

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 6g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 0% Calcium 1%

Vitamin C 81% Iron 2%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09316