

Grapefruit

Nutrition Facts

Serving Size: ½ medium grapefruit (123g)

Calories 46

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

Other nutrients: Potassium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09113

Grapefruit Juice

Nutrition Facts

Serving Size: ½ cup grapefruit juice, pink
(124g)

Calories 48

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 11g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 1g

Vitamin A 11%

Calcium 1%

Vitamin C 78%

Iron 1%

Other nutrients: Potassium (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09404