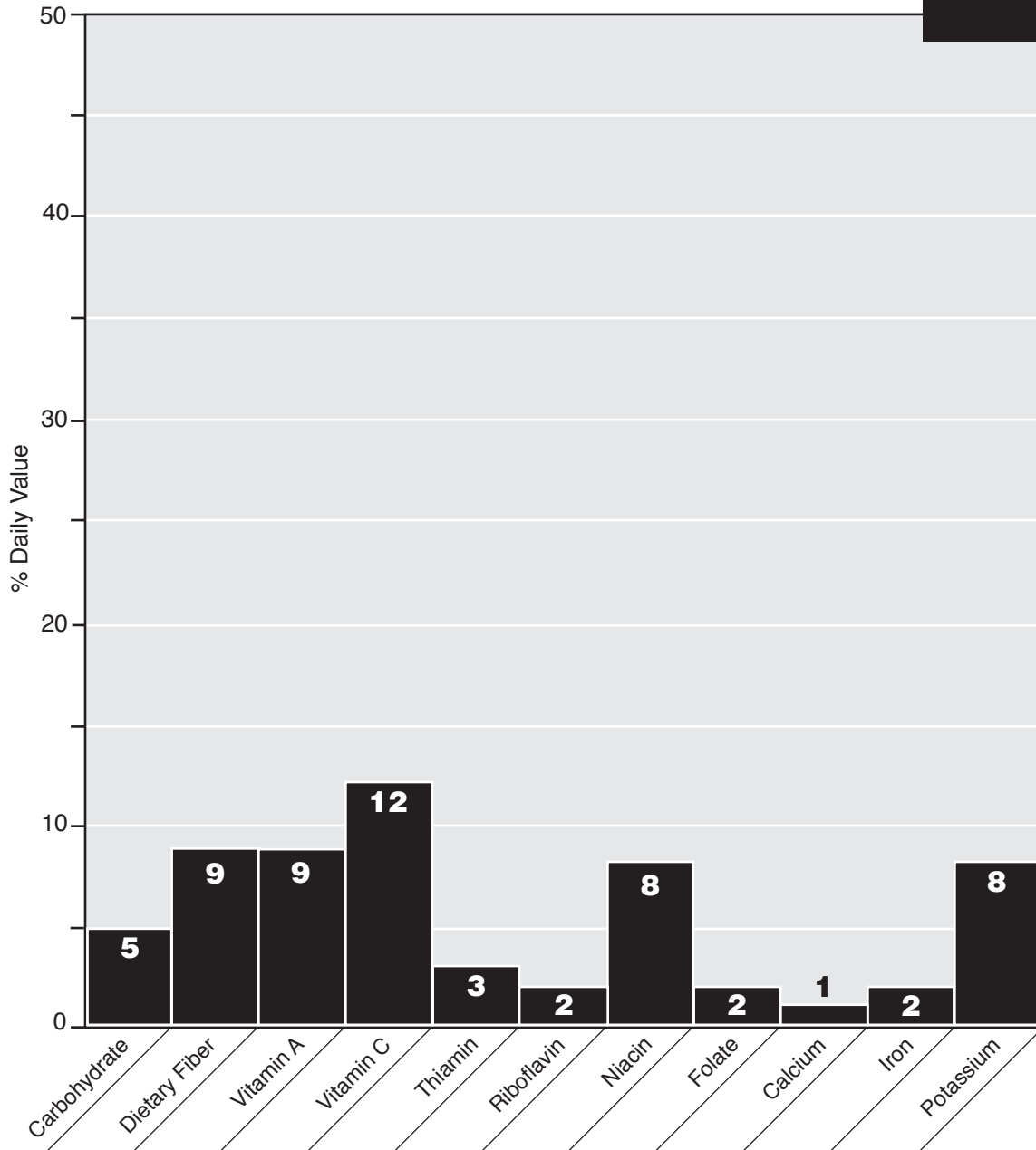


Nectarine

Rosaceae *Prunus persica* var. *nucipersica*
(analysis based on *unpeeled* raw nectarine)



Serving Size

- 1 Medium Nectarine
- 135 Grams
- 59 Calories
 - 6% from fat
 - 8% from protein
 - 86% from carbohydrate
- 1 Gram Protein
- 14 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.4 Gram Fat
- 118 Grams Water
- 0 Milligrams Sodium

