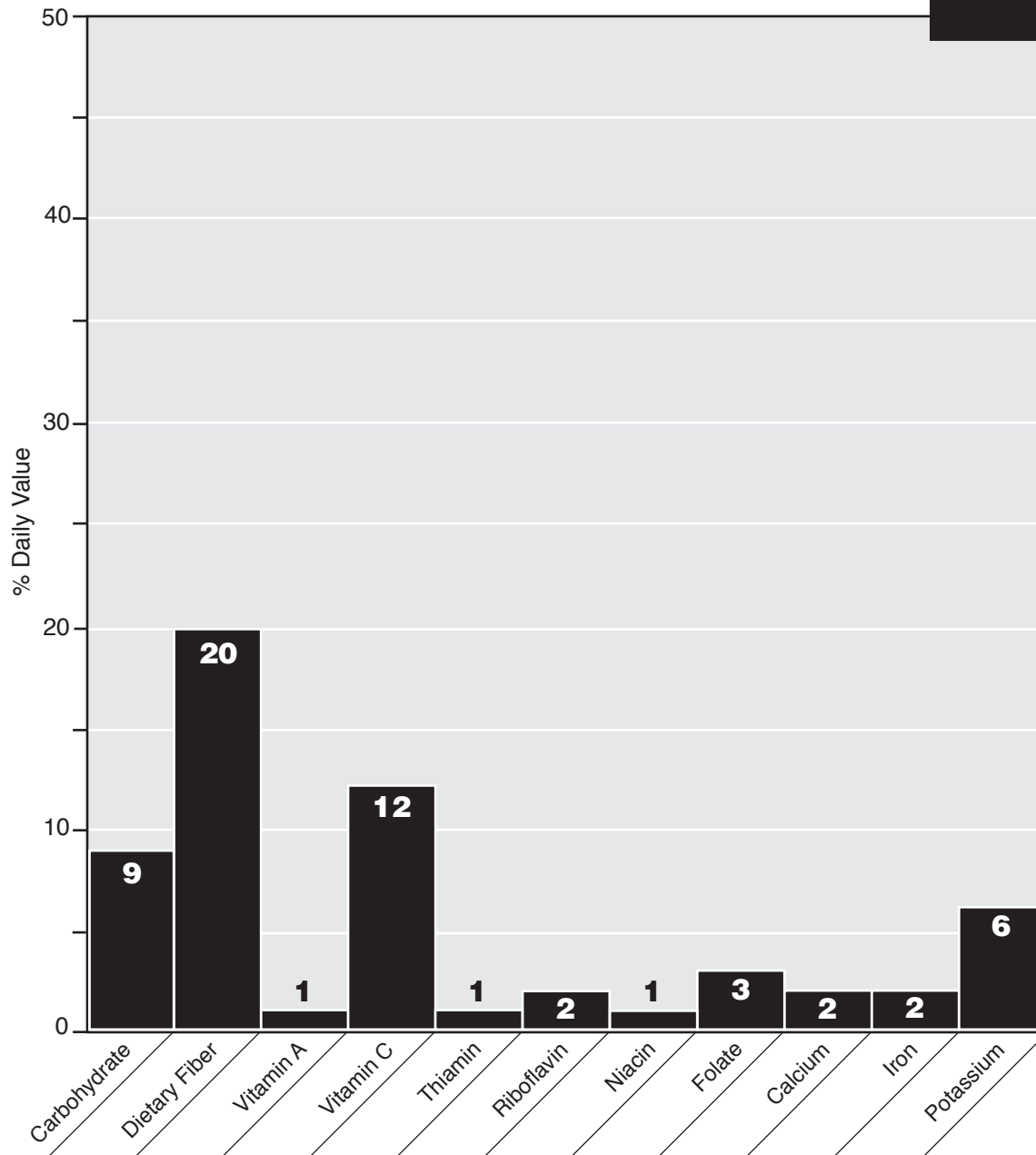


Pear

Rosaceae *Pyrus communis*

(analysis based on *unpeeled* raw Bartlett pear)

Pictured from top: yellow Bartlett, red Bartlett, Bosc, Anjou pears



Serving Size

- 1 Medium Pear
- 165 Grams
- 96 Calories
 - 2% from fat
 - 2% from protein
 - 96% from carbohydrate
- 1 Gram Protein
- 26 Grams Carbohydrate
 - 5 grams dietary fiber
- 0.2 Gram Fat
- 138 Grams Water
- 2 Milligrams Sodium

