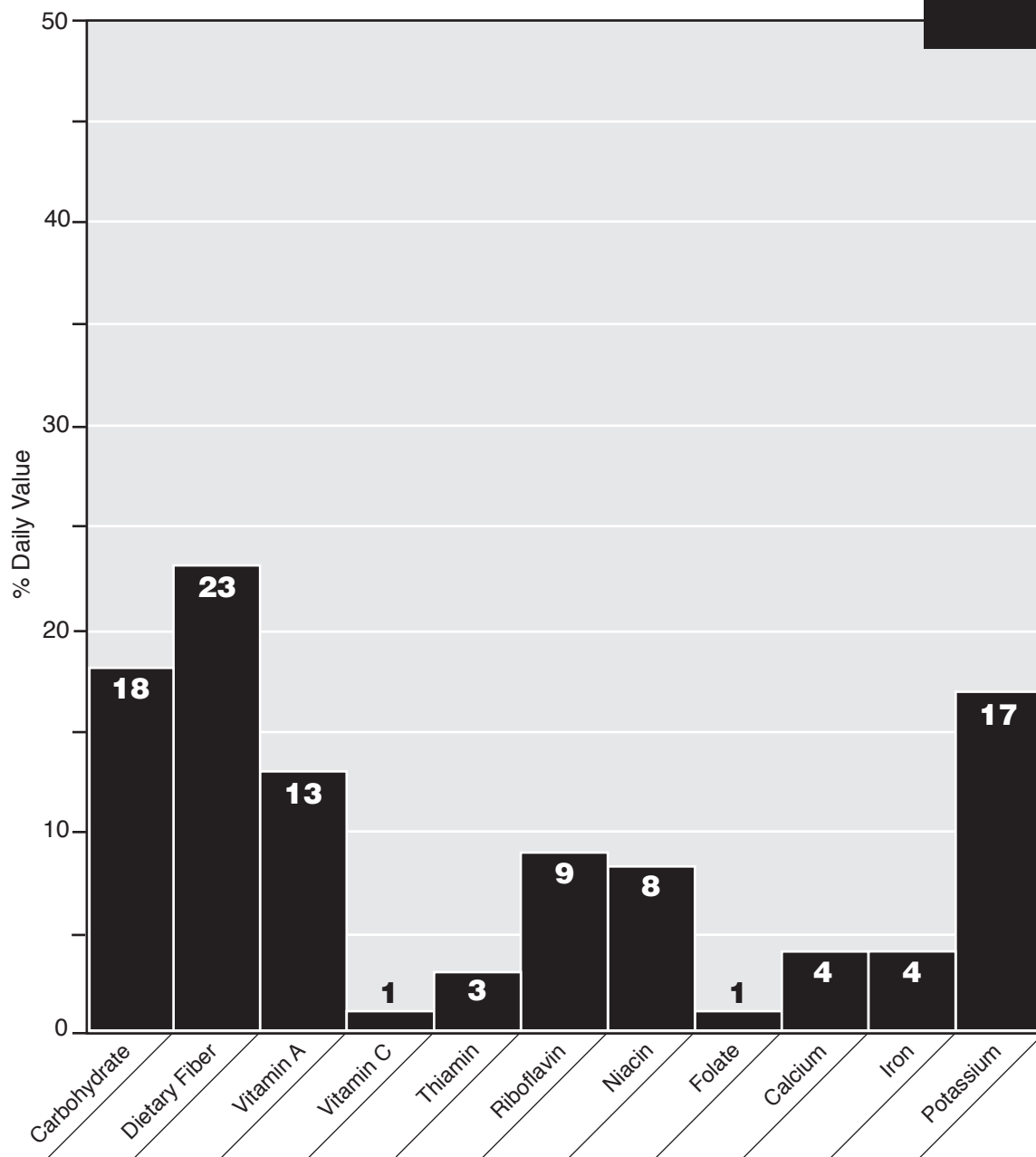


Prune

Rosaceae *Prunus domestica*
(analysis based on *pitted* prune)



Serving Size

- 10 Prunes
- 82 Grams
- 197 Calories
 - 1% from fat
 - 3% from protein
 - 96% from carbohydrate
- 2 Grams Protein
- 52 Grams Carbohydrate
 - 6 grams dietary fiber
- 0.3 Gram Fat
- 25 Grams Water
- 2 Milligrams Sodium

