



Pears - NF

Nutrition Facts

Serving Size: 40g (~ 1.4oz)

(Approx 11.3 Servings/Pound)

Amount Per Serving		
Calories		115
Calories From Fat		2
%DV		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0g	0%
Sodium	2mg	0%
Total Carbohydrate	27g	9%
Dietary Fiber	6g	24%
Sugars	14g	
Protein	1g	
Vitamin A	0%	Calcium 1%
Vitamin C	11%	Iron 7%

*Percent Daily Values are based on a 2,000 calories diet.

Your daily value may be higher or lower depending on your calories needs.

	2,000	2,500
Calories	2,000	2,500
Total Fat	65g	80g
Sat Fat	20g	25g
Cholesterol	300mg	300g
Sodium	2400mg	2400g
Total Carbohydrate	300g	375g
dietary Fiber	25g	30g

Calories per gram

Fat 9 * Carbohydrate 4 * Protein 4 *

Ingredients:

Pears, sulphur dioxide (as a preservative).

Approximately 15 pieces per pound.

Packaged in the same facility as peanuts, tree nuts, soy, and milk products.

