

Nutritional Information

Foodservice Dried Plum (prune) Products



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BULK PRUNES																
BULK PRUNES	1/4 CUP (40G)	110	0	0	0	0	5	290	26	2	13	1	10%	4%	<2%	4%
PRUNE JUICE																
5.5 oz prune juice	5.5 fl. Oz. (165 ml)	120	0	0	0	0	5	N/A	28	1	16	1	2%	10%	<2%	10%
8 oz prune juice (standard serving)	8 fl. Oz. (240 ml)	180	0	0	0	0	10	N/A	41	1	23	2	4%	15%	<2%	15%
CANNED PRUNES																
MOIST PACK PITTED PRUNES	1/4 CUP (40G)	110	0	0	0	0	5	290	26	2	13	1	10%	4%	<2%	4%
MOIST PACK PITTED PRUNES	1/4 CUP (40G)	110	0	0	0	0	5	290	26	2	13	1	10%	4%	<2%	4%
NECTAR PITTED PRUNES 190/220 #10	1/2 CUP (140G)	200	0	0	0	0	10	530	48	4	24	2	17%	7%	<2%	6%
NECTAR PITTED PRUNES 50/60 2.5	1/2 CUP (140G)	180	0	0	0	0	10	490	44	4	22	2	16%	7%	<2%	5%
PITTED PRUNES IN HS 140/180 #10	1/2 CUP (140G)	190	0	0	0	0	10	460	47	4	22	2	15%	6%	<2%	5%
NECTAR PITTED PRUNES 28/32 303	1/2 CUP (140G)	200	0	0	0	0	10	540	48	4	24	2	17%	7%	<2%	6%
PITTED PRUNES IN HS 190/210	1/2 CUP (140G)	190	0	0	0	0	10	460	47	4	22	2	15%	6%	<2%	5%
PITTED PRUNES IN PEAR CONCENTRACT 190/220 #10	1/2 CUP (140G)	200	0	0	0	0	10	540	48	4	24	2	17%	7%	<2%	6%
PITTED PRUNES IN PEAR CONCENTRATE 140/180 #10	1/2 CUP (140G)	170	0	0	0	0	10	460	41	4	21	2	15%	6%	<2%	5%
PITTED PRUNES IN PEAR CONCENTRATE 170/220 #10	1/2 CUP (140G)	190	0	0	0	0	10	500	44	4	23	2	16%	7%	<2%	5%
PITTED PRUNES IN PJ 140/180 #10	1/2 CUP (140G)	170	0	0	0	0	10	N/A	41	4	21	2	15%	6%	<2%	5%
PITTED PRUNES IN PJ 190/220 #10	1/2 CUP (140G)	210	0	0	0	0	10	N/A	50	5	25	2	18%	8%	<2%	6%
PITTED PRUNES IN WATER 140/180 #10	1/2 CUP (140G)	170	0	0	0	0	10	460	41	4	21	2	15%	6%	<2%	5%
PITTED PRUNES IN WATER 50/60 2.5	1/2 CUP (140G)	180	0	0	0	0	10	490	44	4	22	2	16%	7%	<2%	5%
WHOLE PRUNES IN EXTRA HS 38/42	1/2 CUP 9140G)	190	0	0	0	0	10	440	46	4	22	2	14%	6%	<2%	5%
WHOLE PRUNES IN HS 140/160 #10	1/2 CUP (140G)	200	0	0	0	0	10	390	39	3	19	2	12%	5%	<2%	4%
WHOLE PRUNES IN HS 190/210 #10	1/2 CUP (140G)	160	0	0	0	0	10	370	38	3	18	2	12%	5%	<2%	4%
WHOLE PRUNES IN HS 38-42 2.5	1/2 CUP (140G)	170	0	0	0	0	10	400	41	3	20	2	13%	5%	<2%	4%
WHOLE PRUNES IN WATER 140/160 #10	1/2 CUP (140G)	150	0	0	0	0	10	390	34	3	17	2	12%	5%	<2%	4%
WHOLE PRUNES EXTRA HS 115/135 #10	1/2 CUP (140G)	170	0	0	0	0	10	400	41	3	20	2	13%	5%	<2%	4%



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