SUNRISE COMMODITIES
INCORPORATED

Dried Pears

Nutrition Facts

Serving Size: 1 cup, halves (180g)
Servings per Container: N/A

Amount per Serving	
Calories 472	Calories From Fat 9
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 125g	42%
Dietary Fiber 14g	54%
Sugars 112g	
Protein 3g	

Vitamin A 0%	*	Vitamin C 21%
Calcium 6%	*	Iron 21%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

Ingredients: Pears and Sulfur Dioxide