

# CALIFORNIA GROWN MANDARIN

## Nutrition Facts

1 **MANDARIN** per serving  
Serving size **1 Cup (195g)**

Amount Per Serving

**Calories 100**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	25%
Vitamin C	90%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

