

PERSIMMONS

Nutrition Facts

Serving Size 1/2 **medium persimmon** (84g)

Calories 59

Calories from Fat 1

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 16g	5%
Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 11g	
Cholesterol 0mg	0%	Protein 0g	0%
Sodium 1mg	0%		
Vitamin A 27%	•	Vitamin C 11%	•
		Calcium 1%	•
		Iron 1%	

