

**Nutrition Facts: Fruits Page 1 of 3**

as of: 9/29/2013 by carlanell.com

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**Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	4	0	4	1	0	0	0	2	4	0	0	0	16	1	0	3

**Apple, raw organic Quantity: 1 small 149g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
65	0	17	0	13	3	1	0	0	9	81	7	0	0	159	8	0	13

**Apple, raw organic Quantity: 1 medium**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	22	1	16	5	0	0	0	11	98	8	0	0	195	9	0	16

**Applesauce, unsweetened Quantity: 1 cup 244g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
102	0	27	0	23	3	5	0	1	10	71	2	0	0	181	7	0	7

**Avocado (black), California raw Quantity: 1/2 fruit 100g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
114	10	5	1	0	5	5	0	0	9	100	6	0	1	345	20	0	75

**Avocado (black), California raw Quantity: 1 fruit 201g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
227	19	11	2	0	9	11	0	1	18	200	12	0	3	689	39	1	150

**Avocado (green), Florida raw Quantity: 1/2 fruit 152g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
183	14	11	3	4	9	3	0	0	15	213	26	0	4	534	37	1	146

**Avocado (green), Florida raw Quantity: 1 fruit 304g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
365	28	22	6	7	17	6	0	1	30	426	53	0	8	1067	73	1	292

**Banana, whole Quantity: 1 small 101g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	0	21	1	12	3	1	0	0	5	65	9	0	0	362	27	0	27

**Banana, whole Quantity: 1 medium 118g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
105	0	27	1	14	3	1	0	0	6	76	10	0	0	422	32	0	32

**Blackberries, frozen Quantity: 1 cup 151g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
97	1	21	2	16	8	2	0	1	44	172	5	0	2	211	33	0	124

**Blueberries, raw organic Quantity: 1 cup 148g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	0	27	1	11	3	0	0	0	9	80	14	0	1	114	3	0	86

**Blueberries, unsweetened frozen Quantity: 1 cup 155g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
79	1	17	1	13	4	2	0	0	12	71	4	0	1	84	8	0	174

**Cantaloupe, raw organic Quantity: 1/4 medium 138g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	12	1	11	1	25	0	0	14	5276	57	0	0	417	19	0	64

**Cherries, sweet, raw Quantity: 9 whole 70g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
44	0	10	1	9	2	0	0	0	9	45	5	0	0	156	8	0	18

**Cranberries, raw Quantity: 1 cup 100g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
46	0	11	0	4	5	2	0	0	8	60	13	0	1	85	6	0	22

**Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
58	0	14	0	15	0	3	0	0	10	57	12	0	2	98	8	0	35

**Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	8	0	5	1	0	0	0	5	1	0	0	0	82	5	0	0

**Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	0	15	1	11	2	0	0	0	10	3	0	0	0	164	11	0	0

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**Dates, Medjool, California Quantity: 1 date 23g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	0	18	1	15	2	5	0	0	10	0	0	0	0	100	8	0	0

**Dates, Medjool, California Quantity: 2 dates 46g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	0	36	1	29	3	10	0	0	20	0	0	0	0	200	16	0	0

**Figs, raw Quantity: 1 large 64g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
47	0	12	0	10	2	1	0	0	22	91	1	0	0	149	14	0	0

**Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	20	1	20	0	10	0	0	20	0	360	0	0	60	16	1	6

**Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	0	13	1	8	2	0	0	0	27	1415	38	0	0	166	14	0	10

**Grapes, raw seedless (red or purple) Quantity: 10 whole 49g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
35	0	9	1	8	1	1	0	0	5	32	5	0	0	94	13	0	5

**Honeydew melon, raw Quantity: 1/8 of 5"melon**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	11	0	10	1	23	0	0	8	63	23	0	0	285	4	0	41

**Kiwi fruit, raw (without skin) Quantity: 1 large 91g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
56	1	13	1	8	3	3	0	0	31	79	84	0	1	284	16	0	38

**Lemon, raw Quantity: 1 small 58g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
17	0	5	1	1	2	1	0	0	15	13	31	0	0	80	5	0	15

**Lime, raw Quantity: 1 small 67g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	7	0	1	2	1	0	0	22	34	20	0	0	68	4	0	13

**Mango, raw Quantity: 1 fruit 207g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
135	1	35	1	31	4	4	0	0	21	1584	57	0	2	323	9	0	77

**Nectarine, raw Quantity: 1 medium 142g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
62	0	15	2	11	2	0	0	0	9	471	8	0	1	285	34	1	3

**Orange Juice, raw Quantity: 1/2 cup 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
56	0	13	1	11	0	1	0	0	15	250	62	0	0	248	36	1	14

**Orange, Cara Cara Quantity: 1 medium 154g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	19	1	14	3	0	0	0	20	1500	90	0	0	250	16	0	0

**Orange, navel Quantity: 1 medium**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
69	0	18	0	12	3	1	0	0	60	346	83	0	0	232	16	0	13

**Papaya, raw Quantity: 1 small 152g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
59	0	15	0	9	3	5	0	0	37	1663	94	0	1	391	16	0	38

**Peach, frozen slices organic Quantity: 3/4 cup 140g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	13	1	10	2	0	0	0	2	142	47	0	0	65	11	0	3

**Peach, raw Quantity: 1 medium 150g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
59	0	15	1	13	2	0	0	0	9	489	10	0	1	285	9	0	3

**Pear, raw Quantity: 1 medium 178g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	0	28	1	17	6	2	0	0	16	41	8	0	0	212	1	0	0

**Nutrition Facts: Fruits Page 3 of 3**

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**Pineapple, raw Quantity: 1 cup chunks 165g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
83	0	19	1	16	2	2	0	1	22	96	79	0	0	180	20	0	28

**Plums, dried Sun-maid Quantity: 3 pitted 28g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
75	0	20	1	11	2	4	0	0	14	255	0	0	0	218	11	0	5

**Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
75	0	19	0	18	0	10	0	1	14	0	1	0	0	220	9	0	0

**Pomegranate, raw Quantity: 4" 282g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
234	3	53	5	39	11	8	0	1	28	0	29	0	2	666	15	0	0

**Prunes, raw Quantity: 3 whole 28g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
67	0	18	1	11	2	1	0	0	12	219	0	0	0	205	12	0	5

**Raisins Quantity: 50 whole 26g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
78	0	21	1	15	1	3	0	1	13	0	1	0	0	195	13	0	2

**Raspberries, raw Quantity: 1 cup 123g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
64	1	13	1	5	8	1	0	1	31	41	32	0	1	186	27	1	155

**Strawberries, raw organic Quantity: 8 medium 147g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	12	1	8	4	0	0	1	24	18	86	0	0	225	19	0	96

**Strawberries, raw organic Quantity: 1 pint 357g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
114	1	27	2	17	7	4	0	2	57	43	210	0	1	546	46	1	232

**Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
47	0	12	1	9	2	2	0	0	33	599	24	0	0	146	46	1	16

**Watermelon, raw Quantity: 1 wedge, 1/16 melon**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
86	0	22	2	18	1	3	0	1	20	1627	23	0	0	320	16	0	0