

# Pitted Prunes

Item Number: 710011

Ingredients: French, Moyer, D'Agen, or President Variety plums and potassium sorbate or sorbic acid.

| <b>Nutrition Facts</b>        |                            |
|-------------------------------|----------------------------|
| Serving Size 100g             |                            |
| Servings Per Container varies |                            |
| <b>Amount Per Serving</b>     |                            |
| <b>Calories 227</b>           | <b>Calories from Fat 0</b> |
| % Daily Value*                |                            |
| <b>Total Fat .6g</b>          | <b>0%</b>                  |
| Saturated Fat 0g              | <b>0%</b>                  |
| <i>Trans Fat 0g</i>           |                            |
| <b>Cholesterol 0mg</b>        | <b>0%</b>                  |
| <b>Sodium 4mg</b>             | <b>0%</b>                  |
| <b>Potassium 752mg</b>        |                            |
| <b>Total Carbohydrate 60g</b> | <b>20%</b>                 |
| Dietary Fiber 7g              | <b>28%</b>                 |
| Sugars 0g                     |                            |
| <b>Protein 2.5g</b>           |                            |
| Vitamin A 40%                 | • Vitamin C 5%             |
| Calcium 5%                    | • Iron 14%                 |

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