

PEAR SLICES



They were given the nickname “butter fruit” in the 1700s because of their soft, buttery texture. What types of food do you put actual butter on?

PRODUCE PARTICULARS

There are more than 3,000 types of pears throughout the world. They can range from Anjou to Williams. Each type varies by size, shape, sweetness and crispness.

China is the largest producer of pears in the world followed by Europe, with the United States coming in as the third largest producer.

Pears are a good source of fiber and Vitamin C, plus they provide carbohydrates to fuel your muscles and brain.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 120mg	2%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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