

SWEET RED CHERRIES



Did you know?

One cherry tree produces about 7,000 cherries!

PRODUCE PARTICULARS

Cherries are a good source of vitamin C, potassium, calcium, magnesium, iron, and folate.



They also have antioxidant properties that can be good for your heart health!



Cherries are also inflammatory - which may help you reduce the risk of illness and promote overall health.



| 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 16g | 6% |
| Dietary Fiber 2g | 8% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 2% |
| Iron 0.4mg | 2% |
| Potassium 220mg | 4% |
| * 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 | |
| INGREDIENTS: Cherries, Sweet, Raw | |