

# Dried Plums

## Nutrition Facts

Serving Size: ¼ dried plums (62g)

Calories 43

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 15g

Protein 1g

Vitamin A 4%

Calcium 1%

Vitamin C 3%

Iron 1%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09292

# Fresh Plums

## Nutrition Facts

Serving Size: 1 medium plum (66g)	
Calories 30	Calories from Fat 2
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	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 0g	
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Vitamin A 5%	Calcium 0%
Vitamin C 10%	Iron 1%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09279