



Harvest of the Month

Kiwifruit

Nutrition Facts

Serving Size: 2 medium kiwifruit (148g)

Calories 90

Calories from Fat 6

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	18%
Sugars 13g	
Protein 2g	
Vitamin A 3%	Calcium 5%
Vitamin C 229%	Iron 3%

Source: www.nutritiondata.com



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