



Harvest of the Month

Mandarins

Nutrition Facts

Serving Size: 1 medium mandarin (88g)

Calories 47

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 1g	
Vitamin A 12%	Calcium 3%
Vitamin C 39%	Iron 1%

Source: www.nutritiondata.com



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