



# Harvest of the Month

## Pears

### Nutrition Facts

Serving Size: 1 medium pear (166g)

Calories 96

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 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 12%	Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

