



# Harvest of the Month

## Persimmons

### Nutrition Facts

Serving Size: 1 medium persimmon (168g)

Calories 118

Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55%	Calcium 1%
Vitamin C 21%	Iron 1%

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

