



Harvest of the Month

Strawberries

Nutrition Facts

Serving Size: 1 cup, halves (152g)

Calories 49

Calories from Fat 4

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 149%	Iron 3%

Source: www.nutritiondata.com

