**Nutrition Facts**

3/4 cup pieces (124g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 70</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>% Daily Value</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>19g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>71g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin D 0mcg 0%
Calcium 14mg 2%
Iron 0.2mg 2%
Potassium 208mg 4%
Vitamin A 67mcg RAE 8%
Vitamin C 45mg 50%
Vitamin E 1.11mg 8%
Vitamin K 2.5mcg 4%
Thiamin 0.035mg 2%
Riboflavin 0.047mg 4%
Niacin 0.828mg 6%
Vitamin B6 0.147mg 6%
Folate 53mcg 15%
Folic Acid 0mcg 0%
Phosphorus 17mg 2%
Magnesium 12mg 2%
Zinc 0.11mg 2%
Copper 0.137 mg 15%
Manganese 0.078 mg 4%
Selenium 0.7 mcg 2%
Pantothenic Acid 0.244 mg 4%
Choline 9.4 mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrient Content Claims:**
- Excellent source of vitamin C
- Good source of folate
- Good source of copper

**Footnote:**