



Nutrition Facts

1 medium pear

Serving size (166g)

Amount per serving

Calories 100

% Daily Value*

Total Carbohydrate 25g 9%

Dietary Fiber 6g 21%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 1g 2%

Calcium 20mg 2%

Iron 0.3mg 2%

Potassium 190mg 4%

Vitamin C 7mg 8%

* 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. Not a significant source of Fat, Cholesterol, Sodium, and Vitamin D.