



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%
<small>* 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.</small>	