



Nutrition Facts

Serving Size:

0.5

fruit (3-3/4" dia) (123ggrams)

Grapefruit

Amount Per Serving

Calories52

		% Daily Value*
Total Fat	0.2g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	0mg milligrams	0% Daily Value
Total Carbohydrates	13g grams	5% Daily Value
Dietary Fiber	2g grams	7% Daily Value
Sugars	8.5g grams	
Protein	1g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	27mg milligrams	2% Daily Value
Iron	0.1mg milligrams	1% Daily Value
Potassium	166.1mg milligrams	4% Daily Value
Caffeine	0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.