

Nutrition Facts

Nectarine Serving size (100g)

Amount Per Serving

Calories

45

	www.ihcare.ae	% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	7%
Total Sugars	8g	
Includes	0g Added Sugars	0%
Protein	1g	2%
Vitamin D	0mcg	0%
Calcium	13mg	0%
Iron	0.36mg	2%
Potassium	282mg	6%
Vitamin A		8%
Vitamin C		8%
Phosphorus		4%
Magnesium		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.