

Nutrition Facts

Prickly Pear Serving size (100g)

Amount Per Serving

Calories **40**

www.ihcare.ae % Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein < 1g 1%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 0.36mg 2%

Potassium 282mg 6%

Vitamin A 0%

Vitamin C 25%

Magnesium 20%

*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.