

Nutrition Facts

Grape Fruit Serving size (100g)

Amount Per Serving

Calories **40**

	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 7g		
Includes 0g Added Sugars		0%
Protein < 1g		2%
Vitamin D 0mcg		0%
Calcium 26mg		2%
Iron 0mg		0%
Potassium 141mg		4%
Vitamin A		25%
Vitamin C		50%
Magnesium		10%

*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.