Nutrition Facts

Pluot	Serving size	(100g)
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Amount Per Serving

Calories

50

www.ihcare.ae	% Daily Value*
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A	15%
Vitamin C	30%

^{*}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.