

Nutrition Facts

Pomegranates Serving size (100g)

Amount Per Serving

Calories **80**

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% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 0mg 0%

Vitamin C 10%

Vitamin K 15%

*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.