## **Nutrition Facts**

Ugli Fruit Serving size (100g)

**Amount Per Serving** 

## **Calories**

50

www.ihcare.ae	% Daily Value*
Total Fat Og	0%
Saturated Fat 0.14g	1%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0mg	0%
Potassium 188mg	4%
Vitamin C	90%
Folate	8%

<sup>\*</sup>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.