

Nutrition Facts

Serving size

1 fruit pop

Amount Per Serving

Calories

270

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 90mg **4%**

Total Carbohydrate 56g **20%**

Dietary Fiber 2g **7%**

Total Sugars 54g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Vitamin D 0mcg **0%**

Calcium 910mg **70%**

Iron 0.72mg **4%**

Potassium 1410mg **30%**

Vitamin A 90mcg **10%**

Vitamin C 202mg **220%**

Folate 160mcg **40%**

*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.