



Nutrition Facts

Serving Size:

1

fruit (2" dia) (69ggrams)

Kiwi

Amount Per Serving

Calories42

		% Daily Value*
Total Fat	0.4g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.2g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	2.1mg milligrams	0% Daily Value
Total Carbohydrates	10g grams	4% Daily Value
Dietary Fiber	2.1g grams	8% Daily Value
Sugars	6.2g grams	
Protein	0.8g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	23mg milligrams	2% Daily Value
Iron	0.2mg milligrams	1% Daily Value
Potassium	215.3mg milligrams	5% Daily Value
Caffeine	0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.