

Fruit Nutrition Facts



| Fruits | Serving Size | Calories | Calories from fat | Total Fat | | Saturated Fat | | Trans Fat | Cholesterol | | | Sodium | | Potassium | | Total Carbohydrates | | Dietary Fiber | | Sugar | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|----------------|----------------------------|----------|-------------------|-----------|-----|---------------|-----|-----------|-------------|-----|----|--------|-----|-----------|----|---------------------|---|---------------|----|-------|---------|-----------|-----------|---------|------|
| | Raw | | | g | %DV | g | %DV | g | mg | %DV | mg | %DV | mg | %DV | g | %DV | g | %DV | g | g | %DV | %DV | %DV | %DV | |
| Apple | 1 large, 8.0 oz | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 260 | 7 | 34 | 11 | 5 | 20 | 25 | 1 | 2 | 8 | 2 | 2 | |
| Avocado | 1/5 medium, 1.1 oz | 50 | 35 | 4.5 | 7 | 0.5 | 3 | 0 | 0 | 0 | 0 | 0 | 140 | 4 | 3 | 1 | 1 | 4 | 0 | 1 | 0 | 4 | 0 | 2 | |
| Banana | 1 medium, 4.5 oz | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 450 | 13 | 30 | 10 | 3 | 12 | 19 | 1 | 2 | 15 | 0 | 2 | |
| Blackberries | 1 cup, 5.1 oz | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 230 | 7 | 14 | 5 | 8 | 32 | 7 | 2 | 6 | 50 | 4 | 4 | |
| Blueberries | 1 cup, 5.3 oz | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 115 | 3 | 22 | 7 | 4 | 16 | 15 | 1 | 2 | 23 | 0 | 2 | |
| Cantaloupe | 1/4 medium, 4.8 oz | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 240 | 7 | 12 | 4 | 1 | 4 | 11 | 1 | 120 | 80 | 2 | 2 | |
| Figs | 3 medium, 5.4 oz | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 350 | 10 | 29 | 9 | 4 | 16 | 24 | 1 | 4 | 5 | 5 | 3 | |
| Grapefruit | 1/2 medium, 5.5 oz | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 5 | 15 | 5 | 2 | 8 | 11 | 1 | 35 | 100 | 4 | 0 | |
| Grapes | 3/4 cup, 4.5 oz | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 240 | 7 | 23 | 8 | 1 | 4 | 20 | 0 | 0 | 2 | 2 | 0 | |
| Honeydew Melon | 1/10 medium, 4.8 oz | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 1 | 210 | 6 | 12 | 4 | 1 | 4 | 11 | 1 | 2 | 45 | 2 | 2 | |
| Kiwi Fruit | 2 medium, 5.3 oz | 90 | 10 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 450 | 13 | 20 | 7 | 4 | 16 | 13 | 1 | 2 | 240 | 4 | 2 | |
| Lemon | 1 medium, 2.1 oz | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 | 2 | 5 | 2 | 2 | 8 | 2 | 0 | 0 | 40 | 2 | 0 | |
| Lime | 1 medium, 2.4 oz | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 | 2 | 7 | 2 | 2 | 8 | 0 | 0 | 0 | 35 | 0 | 0 | |
| Mango | 1/2 mango, 3.7 oz | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 5 | 18 | 6 | 2 | 8 | 15 | 1 | 15 | 50 | 1 | 0 | |
| Nectarine | 1 medium, 5.0 oz | 60 | 5 | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 250 | 7 | 15 | 5 | 2 | 8 | 11 | 1 | 8 | 15 | 0 | 2 | |
| Orange | 1 medium, 5.5 oz | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 250 | 7 | 19 | 6 | 3 | 12 | 14 | 1 | 2 | 130 | 6 | 0 | |
| Peach | 1 medium, 5.3 oz | 60 | 0 | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 230 | 7 | 15 | 5 | 2 | 8 | 13 | 1 | 6 | 15 | 0 | 2 | |
| Pear | 1 medium, 5.9 oz | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 190 | 5 | 26 | 9 | 6 | 24 | 16 | 1 | 0 | 10 | 2 | 0 | |
| Pineapple | 2 slices, 4.0 oz | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 120 | 3 | 13 | 4 | 1 | 4 | 10 | 1 | 2 | 50 | 2 | 2 | |
| Pomegranate | 1 small, 5.5 oz | 105 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 400 | 11 | 26 | 9 | 0 | 0 | 26 | 1 | 3 | 15 | 0 | 2 | |
| Plums | 2 medium, 5.4 oz | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 230 | 7 | 19 | 6 | 2 | 8 | 16 | 1 | 8 | 10 | 0 | 2 | |
| Raspberries | 1 cup, 4.4 oz | 65 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 185 | 5 | 15 | 5 | 8 | 32 | 5 | 1 | 0 | 53 | 3 | 4 | |
| Strawberries | 8 medium, 5.3 oz | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 170 | 5 | 11 | 4 | 2 | 8 | 8 | 1 | 0 | 160 | 2 | 2 | |
| Sweet Cherries | 21 cherries, 1 cup, 5.0 oz | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 350 | 10 | 26 | 9 | 1 | 4 | 16 | 1 | 2 | 15 | 2 | 2 | |
| Tangerine | 1 medium, 3.9 oz | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 5 | 13 | 4 | 2 | 8 | 9 | 1 | 6 | 45 | 4 | 0 | |
| Watermelon | 1/18 medium, 10.0 oz | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 270 | 8 | 21 | 7 | 1 | 4 | 20 | 1 | 30 | 25 | 2 | 4 | |

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