



Pittman & Davis

Every Gift Has a Story

FRUIT
NUTRITION

Rio Ruby™ Red Grapefruit

Nutrition Facts	
Serving Size 1/2 Med. Grapefruit (154g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 35%	Vitamin C 100%
Calcium 4%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Navel Oranges

Nutrition Facts	
Serving Size 1 Medium Orange (154g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 130%
Calcium 6%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Honeybell Tangelos

Nutrition Facts	
Serving Size 1 Honeybell Tangelo (109g)	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A 4%	Vitamin C 100%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Sugar Belles

Nutrition Facts	
Serving Size 1 Sugar Belle (109g)	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A 4%	Vitamin C 100%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Honey Mandarins

Nutrition Facts	
Serving Size 1 Honey Mandarin (109g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 110%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Sol Zest Mandarins

Nutrition Facts	
Serving Size 1 Sol Zest Mandarin (84g)	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 150%
Calcium 2%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Tangerines

Nutrition Facts	
Serving Size 1 Tangerine (84g)	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 150%
Calcium 2%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Clementines

Nutrition Facts	
Serving Size 1 Clementine (84g)	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 150%
Calcium 2%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Pears

Nutrition Facts	
Serving Size 1 Medium Pear (166g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 16g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Apples

Nutrition Facts	
Serving Size 1 Large Apple (154g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 17g	
Protein 1g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Peaches and Nectarines

Nutrition Facts	
Serving Size 1 Cup, slices (154g)	
Amount Per Serving	
Calories 60	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Vitamin C 17%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Onions

Nutrition Facts	
Serving Size 1 Medium Raw Onion (148g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Watermelon

Nutrition Facts	
Serving Size 1 Cup (152g)	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber <1g	2%
Sugars 9g	
Protein <1g	
Vitamin A 15%	• Vitamin C 20%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Cherries

Nutrition Facts	
Serving Size 1 Cup, with pits (117g)	
Amount Per Serving	
Calories 74	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	10%
Sugars 15g	
Protein 1g	
Vitamin A 1%	• Vitamin C 14%
Calcium 2%	• Iron 2%

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Mangoes

Nutrition Facts	
Serving Size 1 Cup, sliced (165g)	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 1g	
Vitamin A 35%	• Vitamin C 100%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Pineapples

Nutrition Facts	
Serving Size 1 Cup (165g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 1g	
Vitamin A 2%	• Vitamin C 130%
Calcium 2%	• Iron 4%

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