Apple $0.45

Nutrition Facts  Serving Size: 1 item (170.097g), Servings Per Container: 1, Amount Per Serving: Calories 90, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 23g (8% DV), Dietary Fiber 4g (16% DV), Sugars 14g, Protein 1g, Vitamin A (0% DV), Vitamin C (15% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Apple

Banana $0.45

Nutrition Facts  Serving Size: 1 item (113.388g), Servings Per Container: 1, Amount Per Serving: Calories 100, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 26g (8% DV), Dietary Fiber 3g (12% DV), Sugars 14g, Protein 1g, Vitamin A (0% DV), Vitamin C (15% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Banana

Orange $0.45

Nutrition Facts  Serving Size: 1 item (198.4465g), Servings Per Container: 1, Amount Per Serving: Calories 100, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 25g (8% DV), Dietary Fiber 4g (16% DV), Sugars 14g, Protein 2g, Vitamin A (10% DV), Vitamin C (230% DV), Calcium (8% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Naval Orange, California

Pear $0.45

Nutrition Facts  Serving Size: 1 item (165g), Servings Per Container: 1, Amount Per Serving: Calories 70, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 19g (6% DV), Dietary Fiber 4g (16% DV), Sugars 15g, Protein 1g, Vitamin A (25% DV), Vitamin C (15% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Pear

Tangerine $0.45

Nutrition Facts  Serving Size: 2 items (106g), Servings Per Container: 1, Amount Per Serving: Calories 70, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 19g (6% DV), Dietary Fiber 4g (16% DV), Sugars 15g, Protein 1g, Vitamin A (25% DV), Vitamin C (50% DV), Calcium (2% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Tangerine

Tuesday, January 08, 2008