

Nutrition Facts

Serving size 1/2 pear and
1/2 cup yogurt

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1.7g	9%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.6g	
Monounsaturated Fat 1.7g	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 6g Added Sugars	12%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 0.6mg	4%
Potassium 358mg	8%

*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.