

PEAR SLICES

2 oz preportioned serving



FOOD FACTS

- There are more than 3,000 types of pears throughout the world. They can range from Anjou to Williams. Each type varies by size, shape, sweetness and crispness.
- China is the largest producer of pears in the world followed by Europe, with the United States coming in as the third largest producer.
- Pears are especially rich in folate, Vitamin C, copper and potassium. They're are a powerhouse fruit, packing fiber, beneficial plant compounds and antioxidants!

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	32
Calories	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 8.6g	3 %
Dietary Fiber 1.8g	6 %
Sugar 5.5g	
Protein 0.2g	0 %
Vitamin D 0mcg	0 %
Calcium 5.1mg	0 %
Iron 0.1mg	1 %
Potassium 66mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

DID YOU KNOW?

They were given the nickname "butter fruit" in the 1700s because of their soft, buttery texture.

What types of food do you put actual butter on?

