

# **FLATHEAD LAKE CHERRY GROWERS™**

A Montana Agricultural Cooperative

## **Did You Know That A Pound Of Sweet Cherries Provides**

**(Source USDA)**

|             |                                    |
|-------------|------------------------------------|
| <b>286</b>  | <b>Calories</b>                    |
| <b>5.3</b>  | <b>Grams of Protein</b>            |
| <b>1.2</b>  | <b>Grams of Fat</b>                |
| <b>71.0</b> | <b>Grams of Carbs</b>              |
| <b>90</b>   | <b>Milligrams of Calcium</b>       |
| <b>780</b>  | <b>Milligrams of Potassium</b>     |
| <b>450</b>  | <b>IUs of Vitamin A</b>            |
| <b>1.6</b>  | <b>Milligrams of Iron</b>          |
| <b>78</b>   | <b>Milligrams of Phosphorus</b>    |
| <b>41</b>   | <b>Milligrams of Ascorbic Acid</b> |
| <b>1.7</b>  | <b>Milligrams of Niacin</b>        |