

FLATHEAD LAKE CHERRY GROWERS™

A Montana Agricultural Cooperative

Did You Know That A Pound Of Sweet Cherries Provides:

(Source USDA)

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