

# **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>