

Sweet and Tart Cherry fruits, fresh, raw, Nutritive Value per 100 g,

Principle	Nutrient Value per 100g		Percentage of RDA	
	Sweet	Tart	Sweet	Tart
Cherry type				
Energy	63 cal 50 Kcal		3% 2.5%	
Carbohydrates	16.1 g 12.18 g		12% 9%	
Protein	1.06 g 1.00 g		2% 2%	
Total Fat	0.2 g 0.3 g		1% 1.5%	
Cholesterol	0 g 0 g		0% 0%	
Dietary Fiber	2.1 g 1.6 g		5.5% 4%	
<b>Vitamins</b>				
Folates	4 µg 8 µg		1% 2%	
Niacin	0.154 mg 0.400 mg		1% 2.5%	
Pantothenic acid	0.199 mg 0.143 mg		4% 3%	
Pyridoxine	0.049 mg 0.044 mg		4% 3.5%	
Riboflavin	0.033 mg 0.040 mg		2.5% 3%	
Thiamin	0.027 mg 0.030 mg		2% 2.5%	
Vitamin C	7 mg 10 mg		<b>11% 17%</b>	
Vitamin A	640IU 1283 IU		<b>21% 43%</b>	
Vitamin E	0.07 mg 0.07 mg		0.5% 0.5%	
Vitamin K	2.1µg 2.1 µg		2% 2%	
<b>Electrolytes</b>				
Sodium	0 mg 3mg		0% 0%	
Potassium	222 mg 179mg		5% 4%	
<b>Minerals</b>				
Calcium	13 mg 16 mg		1.3% 1.6%	
Copper	0.060 mg 0.104 mg		7% 11.5%	
Iron	0.36 mg 0.32 mg		4.5% 4%	
Magnesium	11 mg 9mg		3% 2%	
Manganese	0.070 mg 0.112mg		3% 5%	
Phosphorus	21 mg 15 mg		3% 2%	
Zinc	0.07 mg 0.10 mg		0.5% 0.1%	
<b>Phyto-nutrients</b>				
Carotene, alpha	0 µg 0 µg		--	
Carotene, beta	<b>38µg 770 µg</b>		--	
Crypto-xanthin, β	0 µg 0 µg		--	
Lutein-zeaxanthin	85µg 85 µg		--	

(Source: USDA Nutrient database)