Fresh Fruit

Source: Vegan Kickstart

Snack on your favorite fresh fruits! Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you're satisfied! One serving of fruit includes 1 c (240 g) chopped fruit, 1 medium fruit, or 1/2 c (120 g) berries.

About the Recipe

42 Calories · 0.5 g Protein · 1.7 g Fiber
Snack
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 1 c (240 g) blueberries

Directions

Nutrition Facts

Per serving: (1/2 c [120 g] blueberries for example)

Calories: 42

Fat: 0.2 g

Saturated Fat: 0.02 g

Calories From Fat: 4.8%

Cholesterol: 0 mg

Protein: 0.5 g

Carbohydrate: 10.7g

Sugar: 7.3 g

Fiber: 1.7 g

Sodium: 1 mg

Calcium: 4 mg

Iron: 0.2 mg

Vitamin C: 7.1 mg

Beta-Carotene: 24 mcg

Vitamin E: 0.4 mcg