



**5.6 ounces provides 100 food calories**  
**82% of this food's weight is water**

## cherries, sweet red

Total Nutrients Score **81**

Rating: Low

### Caloric Breakdown

Carbohydrates	<b>92%</b>
Proteins	6%
Fats	3%
Alcohol	0%

### Food Scores

Vitamin Score 29    Protein Score 8  
 Mineral Score 29    Fiber Score 11%  
 Unhealthy Score 37  
 Net Food Score 44

### Financial Cost

At \$5.99 per pound, cost of all displayed nutrients is \$2.33  
 Net nutrition per dollar is **19**  
 90% of purchased food is edible.  
 Cost per edible pound is \$6.66

### Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	<b>12%</b>
Vitamin D	
Vitamin E	1%
Vitamin K	1%

### Minerals

Calcium	1%
Copper	<b>5%</b>
Iron	3%
Magnesium	3%
Manganese	4%
Phosphorus	2%
Potassium	<b>9%</b>
Selenium	0%
<b>Sodium</b>	0%
Zinc	1%

### Proteins **2%**

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

### Carbohydrates **9%**

Fiber	<b>11%</b>
<b>Sugars, total</b>	<b>37%</b>

### Fats **1%**

<b>Saturated</b>	0%
<b>Trans fats</b>	
<b>Cholesterol</b>	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	2%
Omega-6 fats	1%

### Other Components

Alpha-carotene	0%
Beta-carotene	1%
Betaine	
Fluorine	0%
Lycopene	0%
ORAC	<b>198%</b>
Phytosterols	4%
Retinol	0%

USDA Food Number 09070 Food Group Code 0900

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