

# Fruit Calorie List

Fruit	Measurement	Weight	Calories	Carbs	Protein	Fat
Apple	1 medium	182 g	95	25	0.5	0.3
Apricot	1 apricot	35 g	17	3.9	0.5	0.1
Avocado	1 avocado	201 g	322	17	4	29
Bananas	1 medium	118 g	105	27	1.3	0.4
Blackberries	1 cup	144 g	62	14	2	0.7
Blueberries	1 cup	148 g	85	21	1.1	0.5
Cantaloupe	1 melon	552 g	186	45	4.6	1
Cherries	1 cup	155 g	77	19	1.6	0.5
Cranberries (fresh)	1 cup	100 g	46	12.2	0.4	0.1
Dates	1 date	24 g	66	18	0.4	0
Grapefruit	1/2 fruit	123 g	52	13	0.9	0.2
Grapes	1 cup	92 g	62	16	0.6	0.3
Honeydew	1 cup	170 g	61	15	0.9	0.2
Kiwi	1 fruit	69 g	42	10	0.8	0.4
Lemon	1 fruit	58 g	17	5	0.6	0.2
Lime	1 fruit	67 g	20	7	0.5	0.1
Mandarin oranges	1 fruit	75 g	40	10	0.6	0.2
Mango	1 fruit	336 g	201	50	2.8	1.3
Nectarine	1 fruit	142 g	63	15	1.5	0.5
Oranges	1 fruit	96 g	45	11	0.9	0.1
Peaches	1 fruit	150 g	59	14	1.4	0.4
Pear	1 fruit	178 g	102	27	0.6	0.2
Pineapple	1 cup	165 g	82	22	0.9	0.2
Plums	1 fruit	66 g	30	7.5	0.5	0.2
Pomegranate	1/2 C seeds	87 g	72	16	1.5	1
Raspberries	1 cup	123 g	65	15	1.5	0.8
Strawberries	1 cup	152 g	49	12	1	0.5
Watermelon	1 cup	152 g	46	11	0.9	0.2