Dark Sweet Cherry

BORTON

Red to a deep mahogany red when ripe. Dark Sweet Cherries are firm and juicy with an intensely sweet and vibrant flavor. Outstanding for eating fresh: Also great for cooking and exceptional for making pies and jams.

A Few Nutritional Facts

Low in CALORIES	90
Good source of DIETARY FIBER	3.0 grams
POTASSIUM	270 mg
No SATURATED FAT or TRANS FAT	0.0 mg
No CHOLESTEROL	0.0 mg
No SODIUM	0.0 mg
Total CARBOHYDRATES	19.0 grams
Total SUGARS	16.0 grams
Total PROTEINS	1.0 grams

% Daily Value	
Vitamin A	4%
Vitamin C	10%
Calcium	2%
Iron	2%

Serving Size 1 Cup (21 Cherries)

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BORTON FRUIT

Availability

Harvest Month

MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR