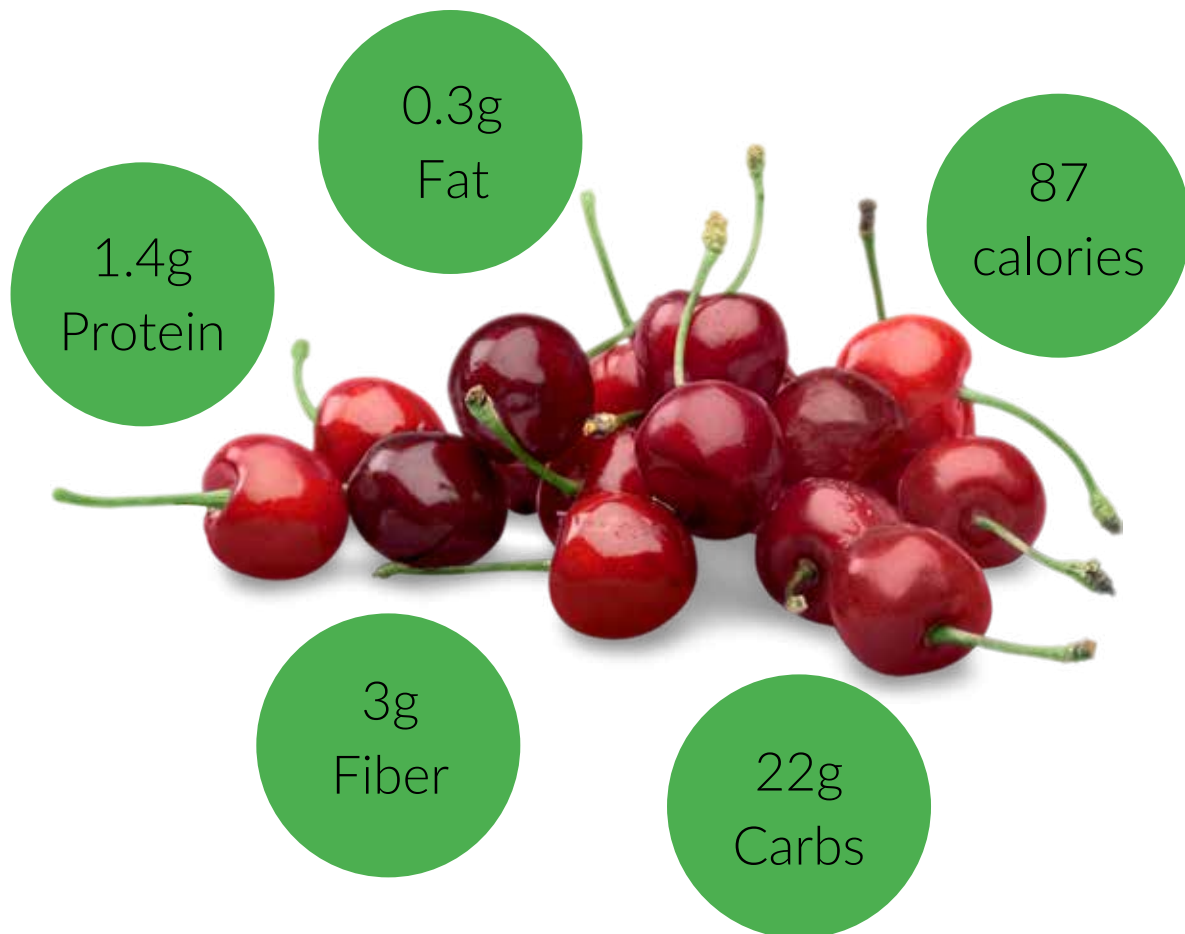


Cherry Nutrition Facts



One cup of cherries (138g) provides 87 calories, 22 grams of carbohydrates, 3 grams of fiber, 1.4 grams of protein, 3 grams of fat, and 17.7 grams of sugars. Cherries are a good source of vitamin C, potassium, calcium, magnesium, iron, and folate.

- Calories: 87
- Fat: 0.3g
- Carbohydrate: 22g
- Fiber: 3g
- Sugars: 17.7g
- Protein: 1.4g

Cherry Health Benefits

Aids Heart Health

Cherries have anti-inflammatory effects and high potassium content which can reduce blood pressure levels. The fiber in cherries can have cholesterol-lowering effects.



Reduces Muscle Soreness

Cherries have antioxidant and anti-inflammatory properties which can help alleviate soreness and shorten recovery time.



Supports Memory Functions

Cherries contain flavonoids and anthocyanins which protect the brain from oxidative damage due to aging, environmental stressors, and chronic medical issues.



May Lower Risk of Cancer

Cherries contain antioxidants, vitamin C, and fiber which can reduce the risk of several forms of cancer.

