

Prunes For Life.

A GUIDE TO DISCOVERING THE
WONDERS OF CALIFORNIA PRUNES

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CALIFORNIA PRUNES!



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Did you know?

California Prunes are naturally nutritious, surprisingly versatile and undeniably delicious! A serving of 4-5 California Prunes packs a powerful punch of important vitamins, minerals, antioxidants and fiber. Together, these nutrients form a web of vital functions that support overall health.



Grilled Pork Tenderloin with Rosemary & California Prune Reduction



Citrus Kissed Rice and Kale Salad with California Prunes



California Prune Breakfast Oat Pudding

Nutrition Facts

Varied Servings Per Container
Serving size 4 prunes (38g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 280mg	6%
Vitamin A 10mcg	2%
Vitamin C 0mg	0%
Vitamin K 23mcg	20%
Riboflavin 0.1mg	8%
Niacin 0.9mg	6%
Vitamin B ₆ 0.1mg	6%
Pantothenic Acid 0.2mg	4%
Magnesium 15mg	4%
Copper 0.1mg	10%
Manganese 0.1mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Less than 100 calories per serving

Low-glycemic fruit
 Glycemic Index of 29

Sodium, fat, and cholesterol-free food

A good source of fiber
 Includes soluble and insoluble fiber

Zero added sugar
 Prunes are naturally sweet

An excellent source of Vitamin K
 A key vitamin for blood clotting; may also support healthy bones

More antioxidants per serving than dried blueberries or dried cranberries¹

Gut Effective

DID YOU KNOW?

Up to 70% of the body's immune system lives in the gut.

- California Prunes are the original good gut food and a simple way to support digestive health.
- Prunes are a convenient and delicious way to add more fiber to the daily diet.
- A single serving of prunes has 3 grams of soluble and insoluble fiber as well as sorbitol to help maintain a healthy gut.²
- Sorbitol is a sugar alcohol that is slowly absorbed, helping to improve the microbiome.²



- Eating California Prunes every day is an easy way to be preventative, protective and proactive when it comes to bone health.
- Prunes are an excellent source of Vitamin K and a source of manganese which contribute to the maintenance of normal bone.²
- Prunes include boron, potassium, copper, and Vitamin B6 that all may support healthy bones.²
- Research suggests five to six prunes per day may help prevent bone loss in post-menopausal women.³

Bone Protective

DID YOU KNOW?

Bone development peaks around age 30, at which point bone mass no longer develops and even begins to deplete.⁴



Undeniably Delicious

California Prunes have a legendary sweetness unlike any other prune in the world offering a rich, deep flavor complexity with a smooth mouthfeel.



California Prunes on a Log

Finding yourself in a sticky situation?

PRO TIP:

Try moistening your knife before slicing and dicing California Prunes for a smoother and easier cut

Reduce Replace Reward

California Prunes provide a natural sweetness and add moisture and richness to deserts and baked goods. Reduce butter, sugar and oils by using puréed California Prunes.



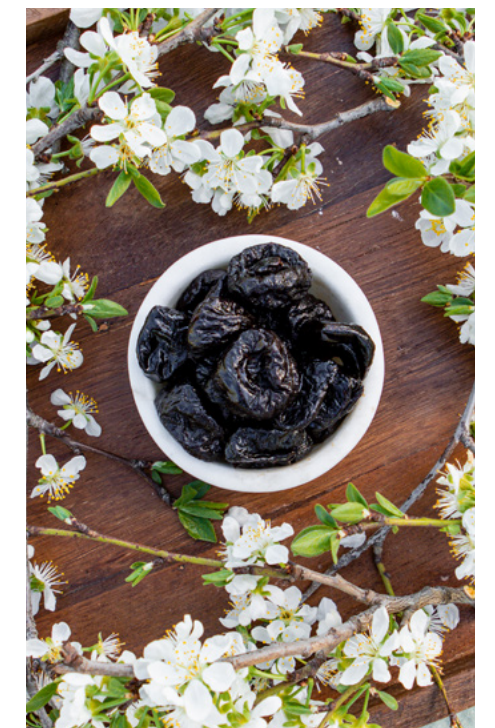
California Prune Purée Chocolate Chip Cookies

The Perfect Snack

California Prunes are a healthy snack that count as a full serving of fruit. They are shelf stable and require no prep — perfect for enjoying at home or on-the-go.

Always In Season

California Prunes are always in season as a year-round pantry staple.



Zesty Asian Chicken Salad with California Prunes

Culinary Versatility

California Prunes have a unique flavor profile that pairs perfectly with alternative flavors like bitter, salty, umami, and sour.



Turkey Tacos Picadillo with California Prunes

For Every Meal

Whole, diced, puréed or in juice, California Prunes enhance savory and sweet dishes alike and can easily go with proteins and grains, on salads, and in sauces and baked goods.