



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

**BLACK RASPBERRY PUREE 1 STRENGTH**

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/CALCULATION	METHOD/COMMENTS
<b>PROXIMATES</b>				
Water	g	85.75	Calculation	USDA National Nutrition Database
Energy	kcal	52.00	"	"
Protein	g	1.20	"	"
Total lipid (fat)	g	0.65	"	"
Carbohydrate, by difference	g	11.94	"	"
Fiber, total dietary	g	6.50	"	"
Sugars, total	g	4.42	"	"
Sugars, added	g	0.00	"	"
<b>MINERALS</b>				
Calcium, Ca	mg	25.00	"	"
Iron, Fe	mg	0.69	"	"
Magnesium, Mg	mg	22.00	"	"
Phosphorus, P	mg	29.00	"	"
Potassium, K	mg	151.00	"	"
Sodium, Na	mg	1.00	"	"
Zinc, Zn	mg	0.42	"	"
<b>VITAMINS</b>				
Vitamin C, total ascorbic acid	mg	26.20	"	"
Thiamin	mg	0.03	"	"
Riboflavin	mg	0.04	"	"
Niacin	mg	0.60	"	"
Vitamin B-6	mg	0.06	"	"
Folate, DFE	µg	21.00	"	"
Vitamin B-12	µg	0.00	"	"
Vitamin A, RAE	µg	2.00	"	"
Vitamin A, IU	IU	33.00	"	"
Vitamin E (alpha-tocopherol)	mg	0.87	"	"



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Vitamin D (D2 + D3)	µg	0.00	“	“
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Vitamin K (phylloquinone)	µg	7.80	“	“
<b>LIPIDS</b>				
Fatty acids, total saturated	g	0.02	“	“
Fatty acids, total monounsaturated	g	0.06	“	“
Fatty acids, total polyunsaturated	g	0.38	“	“
Fatty acids, total trans	g	0.00	“	“
Cholesterol	mg	0.00	“	“
<b>OTHER</b>				
Caffeine	mg	0.00	“	“

*For informational purposes only*

*Greenwood Associates Inc. cannot guarantee the specific accuracy of the data herein.*