



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

BLACKBERRY PUREE 1 STRENGTH

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/CALCULATION	METHOD/COMMENTS
PROXIMATES				
Water	g	88.14	Calculation	USDA National Nutrition Database
Energy	kcal	43.00	"	"
Protein	g	1.39	"	"
Total lipid (fat)	g	0.49	"	"
Carbohydrate, by difference	g	9.61	"	"
Fiber, total dietary	g	5.30	"	"
Sugars, total	g	4.88	"	"
Sugars, added	g	0.00	"	"
MINERALS				
Calcium, Ca	mg	29.00	"	"
Iron, Fe	mg	0.62	"	"
Potassium, K	mg	162.00	"	"
Sodium, Na	mg	1.00	"	"
VITAMINS				
Vitamin A, RAE	µg	11.00	"	"
Vitamin A, IU	IU	214.00	"	"
Vitamin C, total ascorbic acid	mg	21.00	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"
LIPIDS				
Fatty acids, total saturated	g	0.01	"	"
Fatty acids, total monounsaturated	g	0.05	"	"
Fatty acids, total polyunsaturated	g	0.28	"	"
Fatty acids, total trans	g	0.00	"	"
Cholesterol	mg	0.00	"	"



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OTHER				
Caffeine	mg	0.00	“	“
Ash	g	0.37	“	“

For informational purposes only

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

