



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

BLUEBERRY PUREE 1 STRENGTH

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/ CALCULATION	METHOD/ COMMENTS
PROXIMATES				
Water	g	84.21	Calculation	USDA National Nutrition Database
Energy	kcal	57.00	"	"
Protein	g	0.74	"	"
Total lipid (fat)	g	0.33	"	"
Carbohydrate, by difference	g	14.49	"	"
Fiber, total dietary	g	2.60	"	"
Sugars, total	g	9.96	"	"
Sugars, added	g	0.00	"	"
MINERALS				
Calcium, Ca	mg	6.00	"	"
Iron, Fe	mg	0.28	"	"
Magnesium, Mg	mg	6.00	"	"
Phosphorus, P	mg	12.00	"	"
Potassium, K	mg	77.00	"	"
Sodium, Na	mg	1.00	"	"
Zinc, Zn	mg	0.16	"	"
VITAMINS				
Vitamin C, total ascorbic acid	mg	9.70	"	"
Thiamin	mg	0.04	"	"
Riboflavin	mg	0.04	"	"
Niacin	mg	0.42	"	"
Vitamin B-6	mg	0.05	"	"
Folate, DFE	µg	6.00	"	"
Vitamin B-12	µg	0.00	"	"
Vitamin A, RAE	µg	3.00	"	"
Vitamin E (alpha-tocopherol)	mg	0.57	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"



Juice Concentrates, Purees & Essences Since 1974

Vitamin D	IU	0.00	"	"
Vitamin K (phylloquinone)	µg	19.30	"	"
LIPIDS				
Fatty acids, total saturated	g	0.03	"	"
Fatty acids, total monounsaturated	g	0.05	"	"
Fatty acids, total polyunsaturated	g	0.15	"	"
Fatty acids, total trans	g	0.00	"	"
Cholesterol	mg	0.00	"	"
OTHER				
Caffeine	mg	0.00	"	"
Ash	g	0.23	"	"

For informational purposes only

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