



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

PRUNE JUICE CONCENTRATE 70 BRIX

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/CALCULATION	METHOD/COMMENTS
PROXIMATES				
Water	g	28.30	Calculation	USDA National Nutrition Database
Energy	kcal	271.00	"	"
Protein	g	2.00	"	"
Total lipid (fat)	g	0.17	"	"
Carbohydrate, by difference	g	67.70	"	"
Fiber, total dietary	g	2.00	"	"
Sugars, total	g	60.93	"	"
Sugars, added	g	0.00	"	"
MINERALS				
Calcium, Ca	mg	25.00	"	"
Iron, Fe	mg	3.00	"	"
Phosphorus, P	mg	70.00	"	"
Potassium, K	mg	900.00	"	"
Sodium, Na	mg	30.00	"	"
VITAMINS				
Vitamin C, total ascorbic acid	mg	4.70	"	"
Thiamin	mg	0.03	"	"
Riboflavin	mg	0.01	"	"
Niacin	mg	2.68	"	"
Vitamin A, RAE	µg	12.00	"	"
Vitamin A, IU	IU	40.00	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"
LIPIDS				
Fatty acids, total saturated	g	Trace	"	"



Juice Concentrates, Purees & Essences Since 1974

Fatty acids, total monounsaturated	g	Trace	"	"
Fatty acids, total polyunsaturated	g	Trace	"	"
Fatty acids, total trans	g	0.00	"	"
Cholesterol	mg	0.00	"	"
OTHER				
Caffeine	mg	0.00	"	"
Ash	g	1.83	"	"

*For informational purposes only
Greenwood Associates Inc. cannot guarantee the specific accuracy of the data
herein.*