



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

RED RASPBERRY PUREE SEEDLESS 1 STRENGTH

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/CALCULATION	METHOD/COMMENTS
PROXIMATES				
Water	g	85.75	Calculation	USDA National Nutrition Database
Energy	kcal	53.00	"	"
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	"	"
MINERALS				
Calcium, Ca	mg	25.00	"	"
Iron, Fe	mg	0.69	"	"
Potassium, K	mg	151.00	"	"
Sodium, Na	mg	1.00	"	"
VITAMINS				
Vitamin A, RAE	µg	2.00	"	"
Vitamin C, total ascorbic acid	mg	26.20	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"
LIPIDS				
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	"	"
OTHER				



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Caffeine	mg	0.00	"	"
Ash	g	0.46	"	"

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

