



Juice Concentrates, Purees & Essences Since 1974

## Nutritional Information

### STRAWBERRY PUREE WITH SEEDS

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/ CALCULATION	METHOD/ COMMENTS
<b>PROXIMATES</b>				
Water	g	90.95	Calculation	USDA Nutrient Database
Energy	kcal	33.00	"	"
Protein	g	0.67	"	"
Total lipid (fat)	g	0.30	"	"
Carbohydrate, by difference	g	7.68	"	"
Fiber, total dietary	g	2.20	"	"
Sugars, total	g	4.89	"	"
Sugars, added	g	0.00	"	"
<b>MINERALS</b>				
Calcium, Ca	mg	16.00	"	"
Iron, Fe	mg	0.41	"	"
Potassium, K	mg	153.00	"	"
Sodium, Na	mg	1.00	"	"
<b>VITAMINS</b>				
Vitamin A	IU	12.00	"	"
Vitamin C, total ascorbic acid	mg	58.80	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"
<b>LIPIDS</b>				
Fatty acids, total saturated	g	0.02	"	"
Fatty acids, polyunsaturated fat	g	0.16	"	"
Fatty acids, monounsaturated fat	g	0.04	"	"
Fatty acids, total trans fat	g	0.00	"	"
Cholesterol	mg	0.00	"	"
<b>OTHER</b>				



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Caffeine	mg	0.00	"	"
Ash	g	0.40	"	"

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

