

# SWEETENED DRIED BLUEBERRIES

## NUTRITIONAL ANALYSIS BASED ON 100 GRAMS

CALORIES	343.67
PROTEIN (g)	1.36
TOTAL FAT (g)	1.03
SATURATED (g)	0.37
CHOLESTEROL (mg)	0.00
CARBOHYDRATE (g)	82.24
TOTAL SUGARS (g)	43.59
TOTAL DIETARY FIBER (g)	11.46
ASH (g)	0.39
CALCIUM (mg)	31.40
SODIUM (mg)	6.48
IRON (mg)	0.84
VITAMIN A (IU)	14.32
VITAMIN C (mg)	2.29
POTASSIUM (mg)	137.38
MOISTURE (%)	14.98

Ingredient Statement:

Blueberries, fructose, malic acid,  
sunflower oil.

# Nutrition Facts

*Handwritten: 2*

Serving Size : 1/4 cup

(46g)

Servings per Container

**Amount per Serving**

Calories 160      Calories from Fat 0

**% Daily Value\***

Total Fat	0.00 g	0 %
Saturated Fat	0 g	0 %
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Potassium	65 mg	2 %
Total Carbohydrate	38 g	13 %
Dietary Fiber	5 g	20 %
Sugars	20 g	
Protein	less than 1 g	

Vitamin A	0 %	• Vitamin C	0 %
Calcium	2 %	• Iron	2 %

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9      •      Carbohydrate 4      •      Protein 4

**CONTAINER SIZES**

**SERVING SIZES**

3.5 oz. bag-100g	about 2
4.0 oz. bag-113.4g	about 2.5
2.5 lb. bag-1.134kg	about 25
10 lb. box-4.536 kg	about 99
25 lb. box-11.34 kg	about 247

**INGREDIENTS:**

BLUEBERRIES, FRUCTOSE, MALIC ACID, SUNFLOWER OIL