



Super Fruit.
Super Good!™

Nutritional Information

Product	Infused Dried Cultivated Blueberries
GPC	01174-M
Ingredients	Cultivated blueberries, Sugar, Sunflower oil

Analyses	Nutrients per 100 gram*
Calories (Cal)	330.00
Calories from fat (Cal)	9.80
Total fat (g)	1.09
Saturated fat (g)	0.16
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.29
Monounsaturated fat (g)	0.59
Cholesterol (mg)	<1.00
Sodium (mg)	14.60
Potassium (mg)	227.00
Total carbohydrates (g)	85.60
Dietary fiber (g)	8.41
Soluble fiber (g)	1.31
Insoluble fiber (g)	7.10
Sugars (g)	68.80
Sugars include added sugars (g) ^a	14.33
Protein (g)	1.56
Vitamin D (µg)	<1.00
Vitamin A (IU)	40.00
Vitamin C (mg)	<1.00
Calcium (mg)	35.20
Iron (mg)	<0.10
% Ash	0.58
% Moisture	11.20

Calories are calculated excluding insoluble fiber CFR 21 Part 101.9c1iC

*Proximate analysis of a typical sample

^a Estimated from differences in sugars between infused dried cultivated blueberries and uninfused (no sugar infusion) dried cultivated blueberries

Date Issued	Supersedes
09/20/2016	07/17/2014