



Super Fruit.
Super Good!™

Nutritional Information

Product	Pomegranate Flavored Cranberries
GPC	22205
Ingredient	Cranberries, Cane Sugar, Sunflower Oil, Natural Pomegranate Flavor

Analyses	Nutrients per 100 gram*
Calories (Cal)	343
Calories from fat (Cal)	4.6
Total fat (g)	0.51
Saturated fat (g)	0.08
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.07
Monounsaturated fat (g)	0.34
Cholesterol (mg)	<1.00
Sodium (mg)	9.9
Potassium (mg)	43.9
Total carbohydrates (g)	86.1
Dietary fiber (g)	4.03
Soluble fiber (g)	1.30
Insoluble fiber (g)	2.73
Sugars (g)	73.1
Sugars include added sugars (g) ^a	48.6
Protein (g)	0.31
Vitamin D (µg)	<1.00
Vitamin A (IU)	23
Vitamin C (mg)	<1.00
Calcium (mg)	5.5
Iron (mg)	<0.10
% Ash	0.14
% Moisture	12.5

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 sliced cranberries and uninfused (no sugar infusion) dried sliced cranberries

Date Issued	Supersedes
07/18/2017	08/13/2014