



**Super Fruit.
Super Good!™**

Nutritional Information

Product	Organic Dried Wild Blueberry
GPC	00078
Ingredients	Organic wild blueberry, Organic sugar, Organic sunflower oil

Analyses	Nutrients per 100 gram*
Calories (Cal)	315.20
Calories from fat (Cal)	12.96
Total fat (g)	1.44
Saturated fat (g)	0.17
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.48
Monounsaturated fat (g)	0.72
Cholesterol (mg)	<1.00
Sodium (mg)	11.00
Potassium (mg)	190.00
Total carbohydrates (g)	82.90
Dietary fiber (g)	11.18
Soluble fiber (g)	2.03
Insoluble fiber (g)	9.15
Sugars (g)	65.95
Sugars include added sugars (g) ^a	15.52
Protein (g)	1.81
Vitamin D (µg)	<1.00
Vitamin A (IU)	29.00
Vitamin C (mg)	<1.00
Calcium (mg)	53.90
Iron (mg)	<0.10
% Ash	0.59
% Moisture	13.29

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 and uninfused (no sugar infusion) dried organic wild blueberries

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12/06/2016	01/04/2015