



Super Fruit.
Super Good!™

Nutritional Information

Product	Infused Dried Whole Cranberries
GPC	00087
Ingredient	Cranberries, Cane sugar, Sunflower oil

Analyses	Nutrients per 100 gram*
Calories (Cal)	349.90
Calories from fat (Cal)	7.02
Total fat (g)	0.78
Saturated fat (g)	0.12
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.17
Monounsaturated fat (g)	0.45
Cholesterol (mg)	<1.00
Sodium (mg)	12.00
Potassium (mg)	130.00
Total carbohydrates (g)	87.60
Dietary fiber (g)	5.49
Soluble fiber (g)	3.04
Insoluble fiber (g)	2.44
Sugars (g)	69.10
Sugars include added sugars (g) ^a	39.83
Protein (g)	0.56
Vitamin D (µg)	<1.00
Vitamin A (IU)	22.00
Vitamin C (mg)	<1.00
Calcium (mg)	15.30
Iron (mg)	<0.10
% Ash	0.32
% Moisture	10.76

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

Date Issued	Supersedes
09/08/2016	11/20/2014