



**Super Fruit.
Super Good!™**

Nutritional Information

Product	Infused Dried Wild Blueberries
GPC	01238
Ingredients	Wild blueberries, Sugar, Sunflower oil

Analyses	Nutrients per 100 gram*
Calories (Cal)	323.40
Calories from fat (Cal)	9.90
Total fat (g)	1.10
Saturated fat (g)	0.15
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.19
Monounsaturated fat (g)	0.71
Cholesterol (mg)	<1.00
Sodium (mg)	12.00
Potassium (mg)	170.00
Total carbohydrates (g)	84.80
Dietary fiber (g)	8.72
Soluble fiber (g)	0.85
Insoluble fiber (g)	7.87
Sugars (g)	69.13
Sugars include added sugars (g) ^a	20.73
Protein (g)	1.44
Vitamin D (µg)	<1.00
Vitamin A (IU)	<5.00
Vitamin C (mg)	<1.00
Calcium (mg)	41.50
Iron (mg)	<0.10
% Ash	0.49
% Moisture	12.22

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 wild blueberries and uninfused (no sugar infusion) dried wild blueberries

Date Issued	Supersedes
09/13/2016	08/04/2014