



Super Fruit.
Super Good!™

Nutritional Information

Product	Infused Dried Large Cultivated Blueberries
GPC	22272
Ingredients	Cultivated blueberries, Cane sugar, Sunflower oil

Analyses	Nutrients per 100 gram*
Calories (Cal)	337.20
Calories from fat (Cal)	15.20
Total fat (g)	1.69
Saturated fat (g)	0.23
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.57
Monounsaturated fat (g)	0.81
Cholesterol (mg)	<1.00
Sodium (mg)	11.00
Potassium (mg)	234.00
Total carbohydrates (g)	83.30
Dietary fiber (g)	7.20
Soluble fiber (g)	2.10
Insoluble fiber (g)	5.10
Sugars (g)	67.96
Sugars include added sugars (g) ^a	19.00
Protein (g)	2.31
Vitamin D (µg)	<1.00
Vitamin A (IU)	45.00
Vitamin C (mg)	1.26
Calcium (mg)	29.20
Iron (mg)	<0.10
% Ash	0.60
% Moisture	12.07

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 large cultivated blueberries and uninfused (no sugar infusion) dried large cultivated blueberries

Date Issued	Supersedes
09/20/2016	03/10/2015