



# Nutritional Fact Sheet

## Blueberries

**Ingredients:** Freeze Dried Blueberries

**Description & Directions:** Unsweetened Whole Blueberries are ready to eat. 1 pound of freeze dried blueberries replaces 8 pounds of fresh.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>8g (app. 1/4 cup)</b>
Energy (Calories)	407	32.56
Total Fat	5.58g	0.4464g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	6.65mg	0.532mg
Total Carbohydrates	86.43g	6.9144g
Dietary Fiber	17.95g	1.436g
Sugars	86.43g	6.9144g
Protein	2.79g	0.2232g
Vitamin A (IU)	538.5	43.08
Thaimin-B1	0.2mg	0.016mg
Riboflavin	0.27mg	0.0216mg
Niacin	3.46mg	0.2768mg
Vitamin B-6	0.4mg	0.032mg
Vitamin C	16.62mg	1.3296mg
Calcium	53.19mg	4.2552mg
Iron	1.2mg	0.096mg
Phosphorus	73.13mg	5.8504mg
Potassium	3359mg	268.72mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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