



Nutritional Fact Sheet

Raspberries

Ingredients: Freeze Dried Raspberries

Description & Directions: Unsweetened Whole Raspberries are ready to eat. 1 pound of freeze dried raspberries replaces 7 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.

Nutrient	Per 100 grams dry	8g (app. 1/4 cup)
Energy (Calories)	374.11	29.9288
Total Fat	0.5g	0.04g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	12.58mg	1.0064mg
Total Carbohydrates	81.41g	6.5128g
Dietary Fiber	21.8g	1.744g
Sugars	42.75g	3.42g
Protein	10.98g	0.8784g
Vitamin A (IU)	754.59	60.3672
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	128.2mg	10.256mg
Calcium	109mg	8.72mg
Iron	7.21mg	0.5768mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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