



Nutritional Fact Sheet

Blackberries

Ingredients: Freeze-Dried Blackberries

Description & Directions: Unsweetened Blackberries are ready to eat. 1 pound of freeze-dried blackberries 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.

Nutrient	Per 100 Grams Dry
Calories	347.63 kcal
Protein	4.88 g
Total Carbohydrate	85.30 g
Sugars	50.01 g
Added Sugars	0.00 g
Dietary Fiber	35.30 g
Total Fat	2.61 g
Saturated Fat	0.09 g
Cholesterol	0.00 mg
Thiamin – B1	0.20 mg
Riboflavin – B2	0.27 mg
Niacin – B3	2.67 mg
Vitamin B6	0.39 mg
Vitamin C	140.39 mg
Vitamin D	0.00 mcg
Calcium	213.93 mg
Iron	3.81 mg
Phosphorus	140.39 mg
Potassium	1310.31 mg
Sodium	0.00 mg
Trans Fat	0.00 g