



## Nutritional Fact Sheet

Blueberries

**Ingredients:** Freeze-Dried Blueberries

**Description & Directions:** Unsweetened 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>
Calories	346.55 kcal
Protein	4.50 g
Total Carbohydrate	88.10 g
Sugars	60.55 g
Added Sugars	0.00 g
Dietary Fiber	14.59 g
Total Fat	2.01 g
Saturated Fat	0.17 g
Cholesterol	0.00 mg
Thiamin – B1	0.22 mg
Riboflavin – B2	0.25 mg
Niacin – B3	2.54 mg
Vitamin B6	0.32 mg
Vitamin C	58.97 mg
Vitamin D	0.00 mcg
Calcium	36.48 mg
Iron	1.70 mg
Phosphorus	72.96 mg
Potassium	468.14 mg
Sodium	6.08 mg
Trans Fat	0.00 g