



## 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
Calories	350.32 kcal
Protein	8.08 g
Total Carbohydrate	80.44 g
Sugars	29.78 g
Added Sugars	-- g
Dietary Fiber	43.79 g
Total Fat	4.38 g
Saturated Fat	0.13 g
Cholesterol	0.00 mg
Thiamin – B1	0.22 mg
Riboflavin – B2	0.26 mg
Niacin – B3	4.03 mg
Vitamin B6	0.37 mg
Vitamin C	176.51 mg
Vitamin D	0.00 mcg
Calcium	168.42 mg
Iron	4.65 mg
Phosphorus	195.37 mg
Potassium	1017.26 mg
Sodium	6.74 mg
Trans Fat	0.00 g