



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	8g (app. 1/4 cup)
Energy (Calories)	347.63	27.81
Total Fat	2.61g	0.21g
Saturated Fat	0.09g	0.01g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	0.00mg	0.00mg
Total Carbohydrates	0.00g	0.00g
Dietary Fiber	35.30g	2.82g
Sugars	50.01g	4.00g
Protein	4.88g	0.39g
Vitamin A (IU)	1103.06	88.24
Thaimin-B1	0.20mg	0.02mg
Riboflavin	0.27mg	0.02mg
Niacin	2.67mg	0.21mg
Vitamin B-6	0.39mg	0.03mg
Vitamin C	140.39mg	11.23mg
Calcium	213.93mg	17.11mg
Iron	3.81mg	0.30mg
Phosphorus	140.39mg	11.23mg
Potassium	1310.31mg	104.82mg

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