



Nutritional Fact Sheet

Blueberries

Ingredients: Freeze Dried Blueberries

Description & Directions: Unsweetened Whole 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.

Nutrient	Per 100 grams dry	8g (app. 1/4 cup)
Energy (Calories)	407.00	32.56
Total Fat	5.58g	0.45g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	6.65mg	0.53mg
Total Carbohydrates	86.43g	6.91g
Dietary Fiber	17.95g	1.44g
Sugars	86.43g	6.91g
Protein	2.79g	0.22g
Vitamin A (IU)	538.50	43.08
Thaimin-B1	0.20mg	0.02mg
Riboflavin	0.27mg	0.02mg
Niacin	3.46mg	0.28mg
Vitamin B-6	0.40mg	0.03mg
Vitamin C	16.62mg	1.33mg
Calcium	53.19mg	4.26mg
Iron	1.20mg	0.10mg
Phosphorus	73.13mg	5.85mg
Potassium	3359.00mg	268.72mg

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