



# 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	8g (app. 1/4 cup)
Energy (Calories)	374.11	29.93
Total Fat	0.50g	0.04g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	12.58mg	1.01mg
Total Carbohydrates	81.41g	6.51g
Dietary Fiber	21.80g	1.74g
Sugars	42.75g	3.42g
Protein	10.98g	0.88g
Vitamin A (IU)	754.59	60.37
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	128.20mg	10.26mg
Calcium	109.00mg	8.72mg
Iron	7.21mg	0.58mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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