Blueberries - Organic

Nutrition Facts

Serving Size: 100g
Serving per Container:

Amount per Serving			
Calories	369	Calories from Fat:	25
		% Daily Value *	
Total Fat	3 g		4 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	19 mg		1 %
Total Carbohydrates	80 g		27 %
Dietary Fiber	12 g		49 %
Sugars	61 g		
Protein	2 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	5%	Iron	7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat	9	Carbohydrates	4	Protein	4

Ingredients Organic Blueberries, Organic Cane Sugar, Organic Sunflower Oil (less than 0.5%)

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.