

# Raspberries - Dried Red

## Nutrition Facts

Serving Size: 1/3 cup (40g)

Serving per Container:

### Amount per Serving

Calories	140	Calories from Fat:	10
% Daily Value *			
Total Fat	1 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrates	31 g		10 %
Dietary Fiber	7 g		28 %
Sugars	23 g		
Protein	1 g		

Vitamin A	0%	Vitamin C	45 %
Calcium	20%	Iron	4 %

\* 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: Red Raspberries, Sugar, Sunflower Oil

\*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.