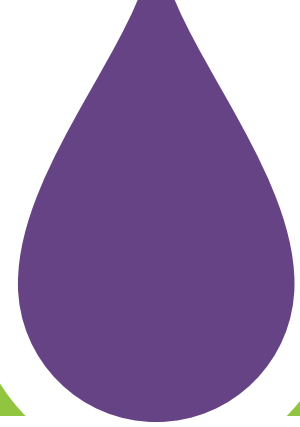


# BLUEBERRY MICRODRIED® WHOLE

JUMBO LOW MOISTURE Nutritional Information



## JUMBO LOW MOISTURE

Analysis Name	Results	Units
<b>Calories</b>	382	Cal/100g
<b>Carbohydrates</b>	87.53	% by wt.
<b>Total Sugars</b>	60.30	% by wt.
<b>Fructose</b>	31.46	% by wt.
<b>Glucose</b>	28.84	% by wt.
<b>Lactose</b>	0.25	% by wt.
<b>Maltose</b>	0.25	% by wt.
<b>Sucrose</b>	0.25	% by wt.
<b>Total Fat</b>	1.72	% by wt.
<b>Trans Fat</b>	< 0.01	% by wt.
<b>Saturated Fat</b>	0.27	% by wt.
<b>Monounsaturated Fat</b>	0.32	% by wt.
<b>cis-cis Polyunsaturated Fat</b>	1.04	% by wt.
<b>Total Dietary Fiber</b>	17.4	% by wt.
<b>Protein</b>	4.05	% by wt.
<b>Polyphenols</b>	23,000	ppm
<b>Vitamin A (Beta Carotene)</b>	960	IU/100g
<b>Vitamin C</b>	< 0.5	mg/100g
<b>Calcium</b>	63.0	mg/100g
<b>Iron</b>	4.7	mg/100g
<b>Sodium</b>	5.80	mg/100g
<b>Ash</b>	1.69	% by wt.

*\* Data obtained from multiple sources including testing and literature. Data is not lot specific and should not be considered a specification.*

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