## **BLUEBERRY MICRODRIED® WHOLE**

JUMBO HIGH MOISTURE

Nutritional Information

## JUMBO HIGH MOISTURE

| Analysis Name               | Results | Units    |
|-----------------------------|---------|----------|
| Calories                    | 378     | Cal/100g |
| Carbohydrates               | 79.60   | % by wt. |
| Total Sugars                | 46.91   | % by wt. |
| Fructose                    | 25.72   | % by wt. |
| Glucose                     | 21.19   | % by wt. |
| Lactose                     | < 0.25  | % by wt. |
| Maltose                     | < 0.25  | % by wt. |
| Sucrose                     | < 0.25  | % by wt. |
| Total Fat                   | 2.10    | % by wt. |
| Trans Fat                   | < 0.01  | % by wt. |
| Saturated Fat               | 0.28    | % by wt. |
| Monounsaturated Fat         | 0.38    | % by wt. |
| cis-cis Polyunsaturated Fat | 1.46    | % by wt. |
| Total Dietary Fiber         | 19.7    | % by wt. |
| Protein                     | 7.00    | % by wt. |
| Polyphenols                 | 15,000  | ppm      |
| Vitamin A (Beta Carotene)   | 1,022   | IU/100g  |
| Vitamin C                   | < 0.5   | mg/100g  |
| Calcium                     | 70.0    | mg/100g  |
| Iron                        | 2.3     | mg/100g  |
| Sodium                      | 4.40    | mg/100g  |
| Ash                         | 1.30    | % 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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