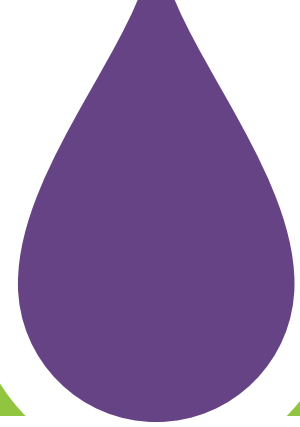


# BLACKBERRY MICRODRIED® FRAGMENTED WITH FINES

Nutritional Information



## WITH FINES

Analysis Name	Results	Units
<b>Calories</b>	393	Cal/100g
<b>Carbohydrates</b>	82.41	% by wt.
<b>Total Sugars</b>	35.68	% by wt.
<b>Fructose</b>	17.63	% by wt.
<b>Glucose</b>	18.05	% 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>	4.84	% by wt.
<b>Trans Fat</b>	0.01	% by wt.
<b>Saturated Fat</b>	0.46	% by wt.
<b>Monounsaturated Fat</b>	1.21	% by wt.
<b>cis-cis Polyunsaturated Fat</b>	2.95	% by wt.
<b>Total Dietary Fiber</b>	36.5	% by wt.
<b>Protein</b>	4.91	% by wt.
<b>Polyphenols</b>	8,150	ppm
<b>Vitamin A (Beta Carotene)</b>	1,100	IU/100g
<b>Vitamin C</b>	< 0.5	mg/100g
<b>Calcium</b>	273	mg/100g
<b>Iron</b>	2.8	mg/100g
<b>Sodium</b>	3.04	mg/100g
<b>Ash</b>	3.13	% 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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