

Whole Blueberry Freeze Dried

Natural, Single Ingredient, non-alkalized

Revised
10/2024

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 300

% Daily Value *

Total Fat 2.6g 3.3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 65.3g 24%

Dietary Fiber 22.7g 81%

Total Sugars 54.6g

Includes 0g Added Sugars 0%

Protein 3.8g 8%

Calcium 185mg 14%

Iron 1.93mg 11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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