

Nutrition Facts

About 10 servings per container

Serving size 1 cup (140g)

Amount per serving

Calories

80

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **7%**

Dietary Fiber 7g **26%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0% • Calcium 35mg 2%

Iron 1mg 6% • Potassium 170mg 4%

Vitamin C 14mg 15%

*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.

Ingredients: Blackberries