

Nutritional Information Per 100 Grams

CP#9 Raspberry Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
CP#9	100	Gram	100.00	175.26	0.01	0.00	0.00	0	
Total			100.00	175.26	0.01	0.00	0.00	0	
Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	
CP#9	26.75	0.10	24.09	21.51	0.36	1.84	101.78	0	
Total	26.75	0.10	24.09	21.51	0.36	1.84	101.78	0	
Item Name	Calc (mg)	Iron (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)	Fol_Acid (mcg)	
CP#9	5.62	0.17	62.20	62.62	0.34	0	0	0	
Total	5.62	0.17	62.20	62.62	0.34	0	0	0	
Item Name	Pot (mg)								
CP#9	20.67								
Total	20.67								

CP#9
09/06/2019

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **180**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 27g **10%**

Dietary Fiber 0g **0%**

Total Sugars 24g

Includes 22g Added Sugars **45%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 0mg **0%**

Potassium 21mg **0%**

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4