



WHOLE CRANBERRIES SUPERIOR FRUIT

UPC # 92015, 92001

NUTRITIONAL ANALYSIS (per 100 grams – unrounded) October 2016

Calories	47.81
Calories from Fat	0
Total Carbohydrates	10.39 g
Total Sugars	4.10 g
Added Sugar	0 g
Dietary Fiber	4.46 g
Protein	0.55 g
Total Fat	0.45 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Moisture	88.21 g
Ash	0.40 g
Vitamin A	0.0 mg
Vitamin C	18.20 mg
Vitamin D	0 mcg
Calcium	10.0 mg
Iron	0.57 mg
Copper	0.08 mg
Magnesium	6.00 mg
Niacin	0.014 mg
Phosphorus	10.30 mg
Potassium	73.0 mg
Riboflavin	0.037 mg
Sodium	3.0 mg
Thiamin	0.013 mg
Zinc	0.13 mg