

Whole Raspberry Freeze Dried

Natural, Single Ingredient, non-alkalized

Revised
10/2024

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 354

% Daily Value *

Total Fat 4.43g	6%
Saturated Fat 0.13g	0.7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6.81mg	0.3%
Total Carbohydrate 81.31g	30%
Dietary Fiber 44.27g	158%
Total Sugars 30.1g	
Includes 0g Added Sugars	0%
Protein 8.17g	16%
Vitamin A 224.73IU	4%
Vitamin B6 0.37mg	22%
Vitamin C 178.42mg	198%
Calcium 170.25mg	13%
Iron 4.7mg	26%
Potassium 1028mg	22%

* 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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