

## Nutrition Facts (Unprepared)

**Serving Size** **140 g**

Amount Per Serving

**Calories** **90**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 0.5g         | <b>1%</b>      |
| Saturated Fat 0g              | <b>0%</b>      |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | <b>0%</b>      |
| <b>Sodium</b> 0mg             | <b>0%</b>      |
| <b>Total Carbohydrate</b> 22g | <b>8%</b>      |
| Dietary Fiber 7g              | <b>25%</b>     |
| Sugar 15g                     |                |
| Added Sugar 0g                | <b>0%</b>      |
| <b>Protein</b> 2g             |                |
| <b>Vitamin D</b> 0mg          |                |
| <b>Potassium</b> 200mg        | <b>4%</b>      |
| <b>Calcium</b> 40mg           | <b>4%</b>      |
| <b>Iron</b> 1mg               | <b>6%</b>      |
| <b>Vitamin A</b> 0mg          | <b>0%</b>      |
| <b>Vitamin C</b> 4mg          | <b>4%</b>      |

\* 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