

Nutrition Facts

About 3 servings per container

Serving size 1 cup (140g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 5g 18%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0% • Calcium 25mg 2%

Iron 0.9mg 4% • Potassium 180mg 4%

Vitamin C 32mg 35%

*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: Wild Blueberries, Strawberries, Raspberries, and Blackberries