

Nutritional Information Per 100 Grams  
 CP#28Blackberry Craft Puree

Spreadsheet

| Item Name | Quantity | Measure | Wgt (g) | Cals (kcal) | Fat (g) | SatFat (g) | TransFat (g) | Chol (mg) |
|-----------|----------|---------|---------|-------------|---------|------------|--------------|-----------|
| + CP#28   | 100      | Gram    | 100.00  | 174.42      | 0.17    | 0.04       | 0.00         | 0.04      |
| Total     |          |         | 100.00  | 174.42      | 0.17    | 0.04       | 0.00         | 0.04      |

  

| Item Name | Carb (g) | Fib(16) (g) | TotFib (g) | Sugar (g) | SugAdd (g) | Prot (g) | Vit A-IU (IU) | Vit C (mg) |
|-----------|----------|-------------|------------|-----------|------------|----------|---------------|------------|
| + CP#28   | 26.92    | 0           | 0.13       | 23.52     | 21.10      | 1.90     | 1.84          | 101.77     |
| Total     | 26.92    | 0           | 0.13       | 23.52     | 21.10      | 1.90     | 1.84          | 101.77     |

  

| Item Name | Vit D-mcg (mcg) | Calc (mg) | Iron (mg) | Pot (mg) | Sod (mg) | Ash (g) | Folate (mcg) | Fol_Acid (mcg) |
|-----------|-----------------|-----------|-----------|----------|----------|---------|--------------|----------------|
| + CP#28   | 0               | 7.41      | 0.22      | 21.50    | 62.59    | 0.45    | 0            | 0              |
| Total     | 0               | 7.41      | 0.22      | 21.50    | 62.59    | 0.45    | 0            | 0              |

  

| Item Name | Water (g) |
|-----------|-----------|
| + CP#28   | 63.21     |
| Total     | 63.21     |

CP#28  
02/19/2020

| Nutrition Facts                                                                                                                                               |               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| servings per container                                                                                                                                        |               |
| <b>Serving size</b>                                                                                                                                           | <b>(100g)</b> |
| Amount per serving                                                                                                                                            |               |
| <b>Calories</b>                                                                                                                                               | <b>170</b>    |
| % Daily Value*                                                                                                                                                |               |
| <b>Total Fat</b> 0g                                                                                                                                           | <b>0%</b>     |
| Saturated Fat 0g                                                                                                                                              | <b>0%</b>     |
| Trans Fat 0g                                                                                                                                                  |               |
| <b>Cholesterol</b> 0mg                                                                                                                                        | <b>0%</b>     |
| <b>Sodium</b> 65mg                                                                                                                                            | <b>3%</b>     |
| <b>Total Carbohydrate</b> 27g                                                                                                                                 | <b>10%</b>    |
| Dietary Fiber 0g                                                                                                                                              | <b>0%</b>     |
| Total Sugars 24g                                                                                                                                              |               |
| Includes 21g Added Sugars                                                                                                                                     | <b>40%</b>    |
| <b>Protein</b> 2g                                                                                                                                             |               |
| Vitamin D 0mcg                                                                                                                                                | <b>0%</b>     |
| Calcium 7mg                                                                                                                                                   | <b>0%</b>     |
| Iron 0mg                                                                                                                                                      | <b>0%</b>     |
| Potassium 22mg                                                                                                                                                | <b>0%</b>     |
| *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:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |               |