



Nutritional Information Per 100 Grams
#CP-44 Cassis (Blackcurrant) Craft Purée

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ CP#44	100	Gram	100.00	170.92	0.02	0.01	0.00	0
Total			100.00	170.92	0.02	0.01	0.00	0

Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ CP#44	26.59	0.11	24.20	21.86	0.47	1.84	101.76	0
Total	26.59	0.11	24.20	21.86	0.47	1.84	101.76	0

Item Name	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol_Acid (mcg)	Water (g)
+ CP#44	5.18	0.18	1.13	61.62	0.40	0	0	63.34
Total	5.18	0.18	1.13	61.62	0.40	0	0	63.34

CP#44

10/15/2021

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 22g Added Sugars	45%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 1mg	0%
*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:	
Fat 9 • Carbohydrate 4 • Protein 4	