

Nutritional Information Per 100 Grams

CP#19 Guava Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
CP#19	100	Gram	100.00	99.22	0.01	0.01	0.01	0.00
Total			100.00	99.22	0.01	0.01	0.01	0.00
Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
CP#19	10.84	0.09	4.32	2.94	0.22	9.95	15.78	0
Total	10.84	0.09	4.32	2.94	0.22	9.95	15.78	0
Item Name	Vit E-IU (IU)	Calc (mg)	Water (g)	Iron (mg)	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)
CP#19	0.01	3.29	80.53	0.05	3.59	10.89	0.11	0.28
Total	0.01	3.29	80.53	0.05	3.59	10.89	0.11	0.28
Item Name	Fol_Acid (mcg)							
CP#19	0							
Total	0							

CP#19
01/30/2020

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 4mg	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	