

Nutritional Information per 100 Gams
 CP#18 Pomegranate Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ CP#18	100	Gram	100.00	144.56	0.09	0.02	0.00	0
Total			100.00	144.56	0.09	0.02	0.00	0

Item Name	Carb (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)	Pot (mg)
+ CP#18	23.88	14.85	13.98	0.21	0	3.02	0.19	1.24
Total	23.88	14.85	13.98	0.21	0	3.02	0.19	1.24

Item Name	Sod (mg)	Water (g)	Ash (g)	Fib(16) (g)	Vit C (mg)
+ CP#18	69.81	61.69	0.14	0.03	0.41
Total	69.81	61.69	0.14	0.03	0.41

CP#18
05/01/2020

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **140**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 24g **9%**

Dietary Fiber 0g **0%**

Total Sugars 15g

Includes 14g Added Sugars **30%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 3mg **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