



Nutritional Information Per 100 Grams
CP#18 Pomegranate Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
☐ CP#18	1 Serving		100.00	131.92	0.24	0.02
Total	1 Serving		100.00	131.92	0.24	0.02
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
☐ CP#18	0.00	0	19.06	0.49	9.94	7.26
Total	0.00	0	19.06	0.49	9.94	7.26
Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
☐ CP#18	0.36	0.53	1.82	0	3.02	0.07
Total	0.36	0.53	1.82	0	3.02	0.07
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
☐ CP#18	29.83	69.81	0.14	0	0	61.77
Total	29.83	69.81	0.14	0	0	61.77

10/05/2023

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 30mg	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	