



Nutritional Information Per 100 Grams
#CP-43 Sloe Berry (Blackthorn) Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
+ CP#43	100	Gram	100.00	57.18	0	0	0	0	
Total			100.00	57.18	0	0	0	0	

Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	
+ CP#43	0.86	0	0	0	0	0	0	0	
Total	0.86	0	0	0	0	0	0	0	

Item Name	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol_Acid (mcg)	Water (g)	
+ CP#43	2.42	0	0	3.22	0.08	0	0	80.52	
Total	2.42	0	0	3.22	0.08	0	0	80.52	

09/20/2021

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 0mg	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	