

Nutritional Information Per 100 Grams

CP#45 Elderberry Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
 CP#45	100	Gram	100.00	172.18	0.01	0.01	0.00	0
Total			100.00	172.18	0.01	0.01	0.00	0

Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
 CP#45	26.54	0.11	24.16	21.81	0.47	1.84	101.76	0
Total	26.54	0.11	24.16	21.81	0.47	1.84	101.76	0

Item Name	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)
 CP#45	5.10	0.17	0.04	61.97	63.34	0.40	0	0
Total	5.10	0.17	0.04	61.97	63.34	0.40	0	0

Item Name	Fol_Acid (mcg)
 CP#45	0
Total	0

CP#45
11/19/2018

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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 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	