



THE **Nova Agri** GROUP

The Nova Agri Group
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www.mycountrymagic.com

Blueberries Nutrition Facts

Serving Size 1 cup raw (148 g)

Per Serving	% Daily Value*
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Calories 84

Calories from Fat 4

Total Fat 0.5g	<1%
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Sodium 1mg	0%
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Potassium 114mg	3%
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Carbohydrates 21g	7%
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Dietary Fiber 3.6g	14%
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Sugars 15g

Protein 1g

Vitamin A 2% · Vitamin C 24%

Calcium 0% · Iron 2%

**Based on a [2,000 calorie diet](#)*

