

Multi Column: Raspberry Bakery Jam *

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Biotin (mcg)	0	0
Gram Weight (g)	100.00	100.00	Vitamin C (mg)	1.49	1.49
Calories (kcal)	234.46	234.46	Vitamin D - IU (IU)	0	0
Calories from Fat (kcal)	0.19	0.19	Vitamin D - mcg (mcg)	0	0
Calories from SatFat (kcal)	0.00	0.00	Vitamin E - IU (IU)	0	0
Protein (g)	0.38	0.38	Vitamin E - mg (mg)	0	0
Carbohydrates (g)	60.32	60.32	Vitamin E - Alpha-Toco (mg)	0	0
Dietary Fiber (g)	2.32	2.32	Folate (mcg)	0	0
Soluble Fiber (g)	0.63	0.63	Folate, DFE (mcg)	0	0
Total Sugars (g)	56.71	56.71	Vitamin K (mcg)	0	0
Monosaccharides (g)	0	0	Pantothenic Acid (mg)	0	0
Disaccharides (g)	54.67	54.67	Minerals		
Other Carbs (g)	0.51	0.51	Calcium (mg)	16.96	16.96
Fat (g)	0.02	0.02	Chromium (mcg)	0.27	0.27
Saturated Fat (g)	0.00	0.00	Copper (mg)	0.00	0.00
Mono Fat (g)	0	0	Fluoride (mg)	0.01	0.01
Poly Fat (g)	0	0	Iodine (mcg)	0	0
Trans Fatty Acid (g)	0	0	Iron (mg)	0.41	0.41
Cholesterol (mg)	0.00	0.00	Magnesium (mg)	0.07	0.07
Water (g)	38.58	38.58	Manganese (mg)	0.00	0.00
Ash (g)	0.23	0.23	Molybdenum (mcg)	0	0
Insoluble Fiber (g)	0	0	Phosphorus (mg)	0	0
Vitamins			Potassium (mg)	29.13	29.13
Vitamin A - IU (IU)	23.84	23.84	Selenium (mcg)	0.33	0.33
Vitamin A - RE (RE)	2.38	2.38	Sodium (mg)	18.62	18.62
Vitamin A - RAE (RAE)	1.19	1.19	Zinc (mg)	0.01	0.01
Carotenoid RE (RE)	2.38	2.38	Poly Fats		
Retinol RE (RE)	0	0	Omega 3 Fatty Acid (g)	0	0
Beta-Carotene (mcg)	7.15	7.15	Omega 6 Fatty Acid (g)	0	0
Vitamin B1 (mg)	0	0	Other Nutrients		
Vitamin B2 (mg)	0.01	0.01	Alcohol (g)	0.00	0.00
Vitamin B3 (mg)	0	0	Caffeine (mg)	0	0
Vitamin B3 - Niacin Equiv (mg)	0	0	Choline (mg)	0	0
Vitamin B6 (mg)	0	0	Sugar Alcohol (g)	0	0
Vitamin B12 (mcg)	0	0			