

Nutrition Facts

Blackberry

Serving size (100g)

Amount Per Serving

Calories

45

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% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.015g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.6mg 4%

Potassium 0mg 0%

Vitamin A 11mcg 0%

Vitamin C 21mg 25%

* The % Daily Value (DV) 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.