

# Nutrition Facts

Gosse Berries      Serving size      (150g)

Amount Per Serving

**Calories** **70**

	www.ihcare.ae	% Daily Value*
Total Fat 1g		1%
Saturated Fat 0.1g		1%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 15g		5%
Dietary Fiber 7g		25%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 1g		2%
Vitamin D 0mcg		0%
Calcium 52mg		4%
Iron 0.54mg		4%
Potassium 376mg		8%
Vitamin A		8%
Vitamin C		70%
Magnesium		10%

\*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.