

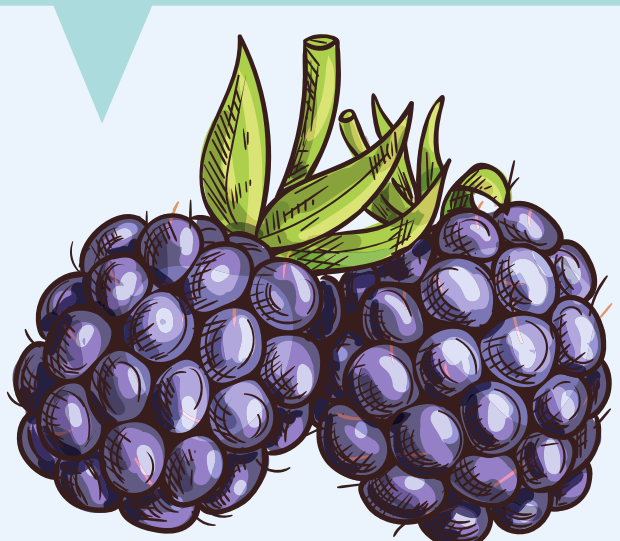
BLACKBERRIES NUTRITION FACTS



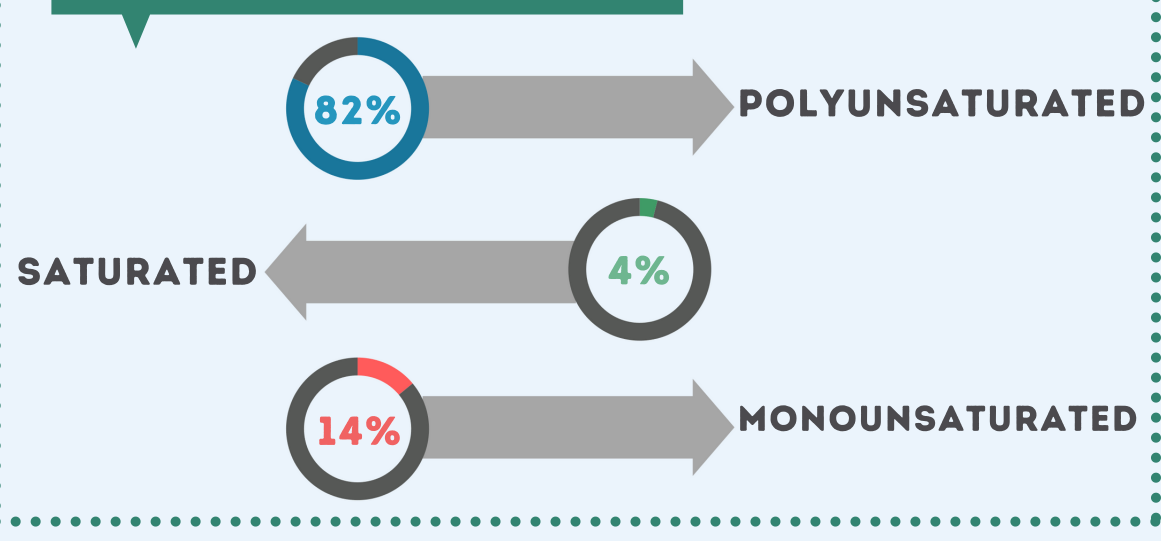
CALORIES 43/100GM

	AMOUNT
CARBOHYDRATE	9.61 G
FAT	0.49 G
PROTEIN	1.39 G
CHOLESTEROL	0.00
FIBER	5.3 G
RIBOFLAVIN	0.026 MG
SODIUM, NA	1.00 MG
THIAMIN	0.020 MG

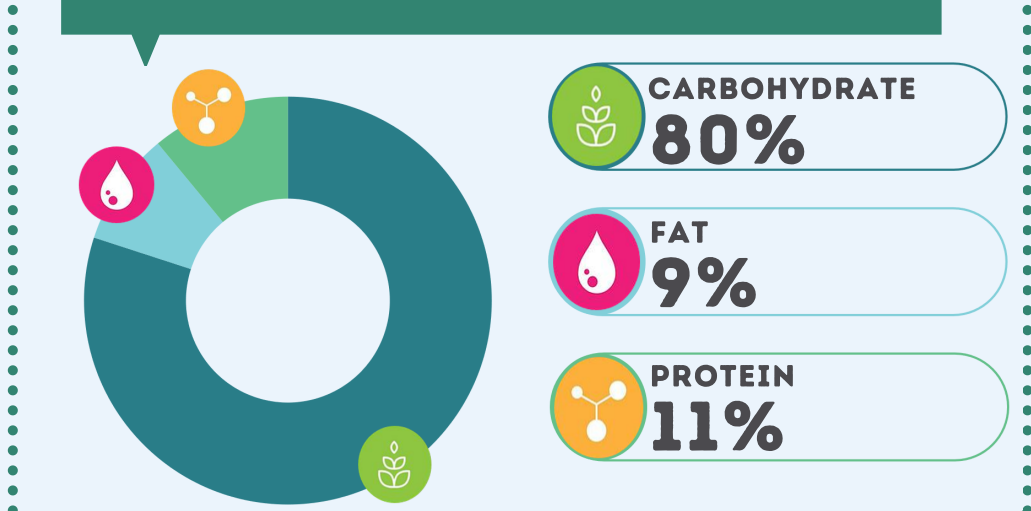
	AMOUNT
NIACIN	0.646 MG
VITAMIN A	11 MCG
VITAMIN B12	0.00
VITAMIN B6	0.030 MG
VITAMIN C	21 MG
VITAMIN D	0.00
FOLATE	25 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BLACKBERRIES OTHER NAMES

RUBUS
BRAMBLE

MINERALS IN BLACKBERRIES

29 MG	CALCIUM, CA	2 % (DV)
0.165 MG	COPPER, CU	18 % (DV)
0.62 MG	IRON, FE	3 % (DV)
20 MG	MAGNESIUM, MG	5 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
22 MG	PHOSPHORUS, P	3 % (DV)
162 MG	POTASSIUM, K	3 % (DV)
0.53 MG	ZINC, ZN	5 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.