



BLUEBERRIES NUTRITION FACTS

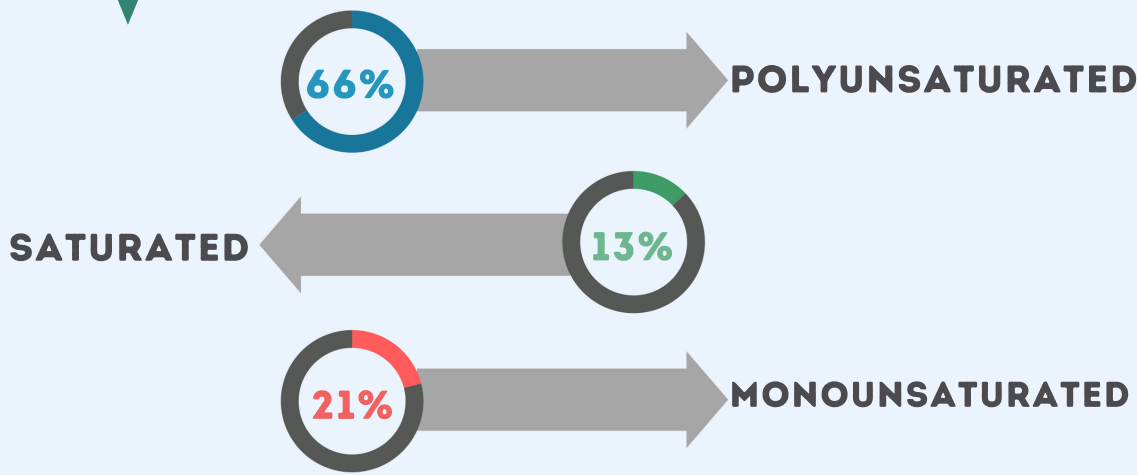


CALORIES 57/100GM

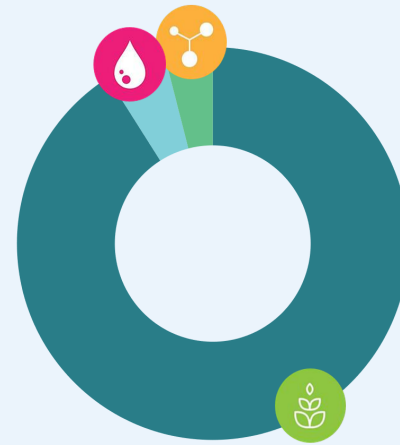
	AMOUNT		AMOUNT
CARBOHYDRATE	14.49 G	NIACIN	0.418 MG
FAT	0.33 G	VITAMIN A	3 MCG
PROTEIN	0.74 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.052 MG
FIBER	2.4 G	VITAMIN C	9.7 MG
RIBOFLAVIN	0.041 MG	VITAMIN D	0.00
SODIUM, NA	1.00 MG	FOLATE	6 MCG
THIAMIN	0.037 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CARBOHYDRATE
91%

FAT
5%

PROTEIN
4%

BLUEBERRIES OTHER NAMES

CYANOCOCCUS
SCOTS BLAEBERRY
NORWEGIAN BLÅBÆR
BLAEBERRY

MINERALS IN BLUEBERRIES

6 MG CALCIUM, CA 0 % (DV)

0.057 MG COPPER, CU 6 % (DV)

0.28 MG IRON, FE 2 % (DV)

6 MG MAGNESIUM, MG 2 % (DV)

0.1 MCG SELENIUM, SE 0 % (DV)

12 MG PHOSPHORUS, P 2 % (DV)

77 MG POTASSIUM, K 2 % (DV)

0.16 MG ZINC, ZN 1 % (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.