



CRANBERRIES NUTRITION FACTS

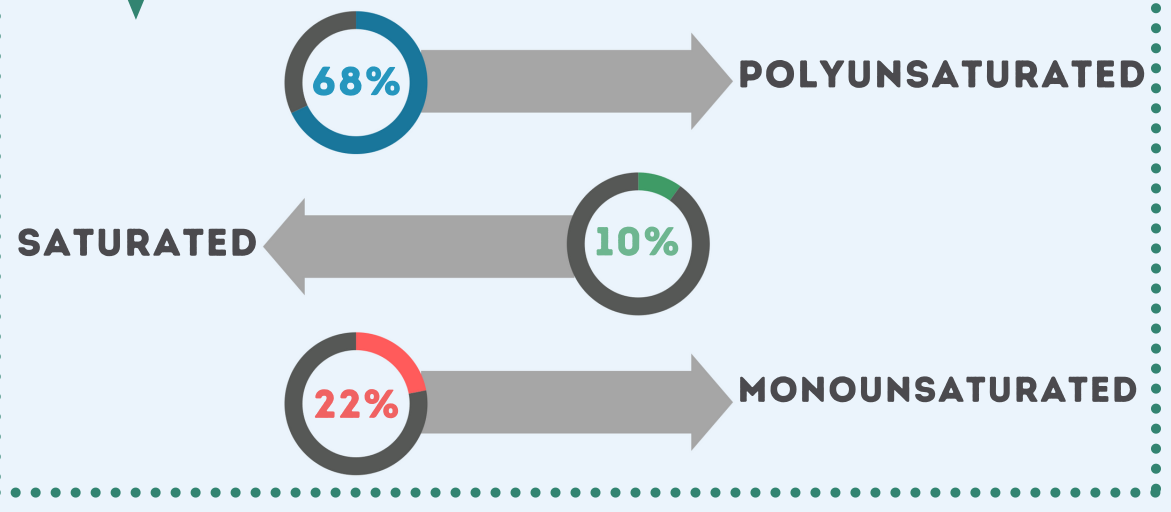


CALORIES 46/100GM

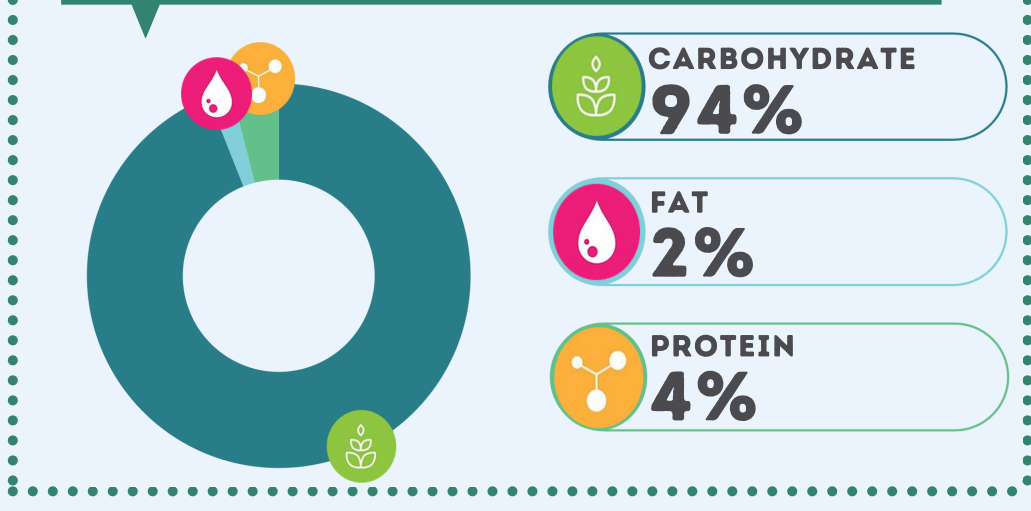
	AMOUNT		AMOUNT
CARBOHYDRATE	11.97 G	NIACIN	0.101 MG
FAT	0.13 G	VITAMIN A	3 MCG
PROTEIN	0.46 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.057 MG
FIBER	3.6 G	VITAMIN C	14 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	1 MCG
THIAMIN	0.012 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CRANBERRIES OTHER NAMES
VACCINIUM OXYCOCCOS

MINERALS IN CRANBERRIES

8 MG	CALCIUM, CA	1 % (DV)
0.056 MG	COPPER, CU	6 % (DV)
0.23 MG	IRON, FE	1 % (DV)
6 MG	MAGNESIUM, MG	2 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
11 MG	PHOSPHORUS, P	2 % (DV)
80 MG	POTASSIUM, K	2 % (DV)
0.09 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.