



MULBERRY NUTRITION FACTS



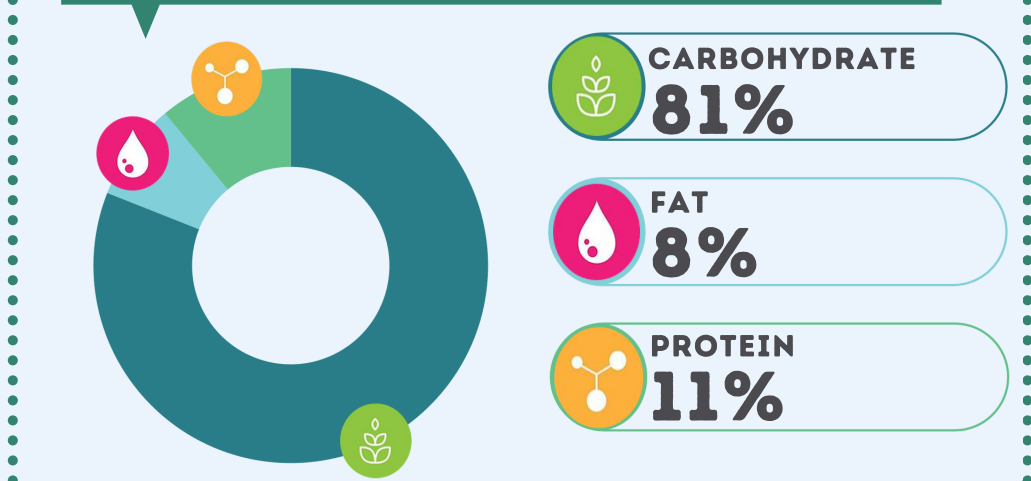
CALORIES 43/100GM

	AMOUNT
CARBOHYDRATE	9.80 G
FAT	0.39 G
PROTEIN	1.44 G
CHOLESTEROL	0.00
FIBER	1.7 G
RIBOFLAVIN	0.101 MG
SODIUM, NA	10 MG
THIAMIN	0.029 MG

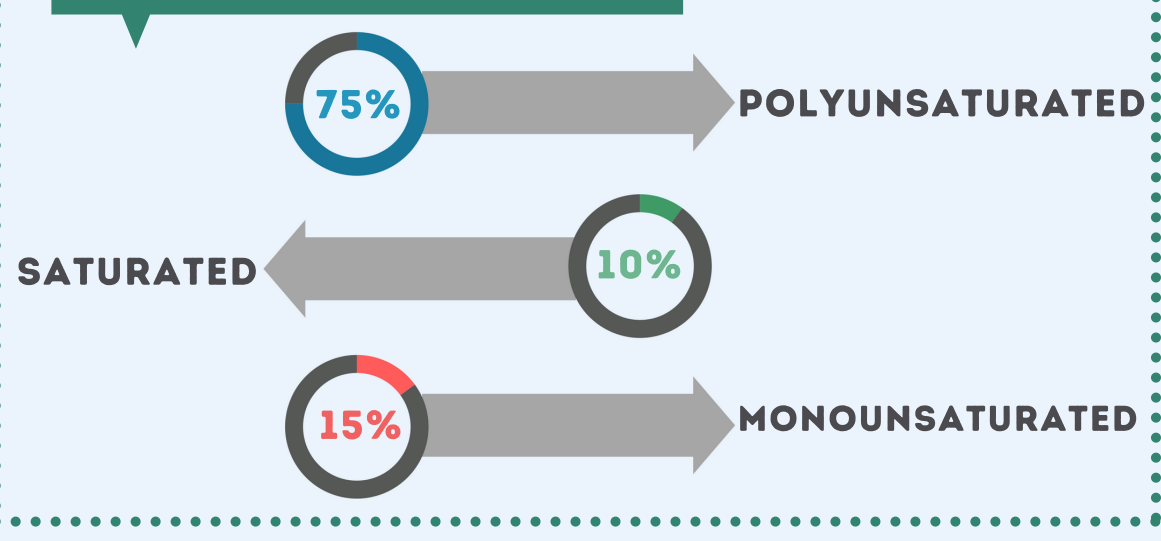
	AMOUNT
NIACIN	0.620 MG
VITAMIN A	1 MCG
VITAMIN B12	0.00
VITAMIN B6	0.050 MG
VITAMIN C	36.4 MG
VITAMIN D	0.00
FOLATE	6 MCG



CALORIES BY SOURCE



FATS AND FATTY ACIDS



MULBERRY OTHER NAMES

- MORUS ALBA
- BLACK MULBERRY
- RED MULBERRY

MINERALS IN MULBERRY

39 MG	CALCIUM, CA	3 % (DV)
0.060 MG	COPPER, CU	7 % (DV)
1.85 MG	IRON, FE	10 % (DV)
18 MG	MAGNESIUM, MG	4 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
38 MG	PHOSPHORUS, P	5 % (DV)
194 MG	POTASSIUM, K	4 % (DV)
0.12 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.