



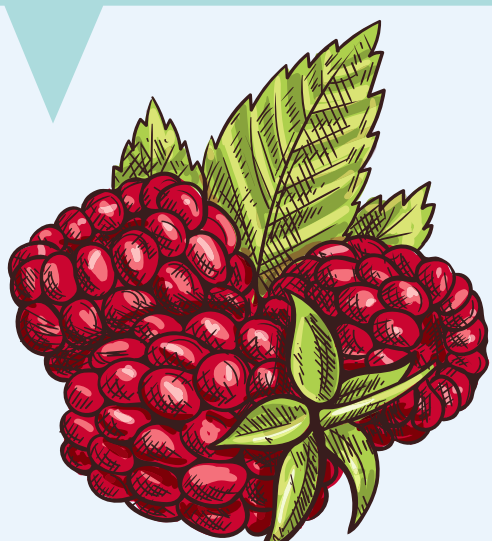
RASPBERRY NUTRITION FACTS



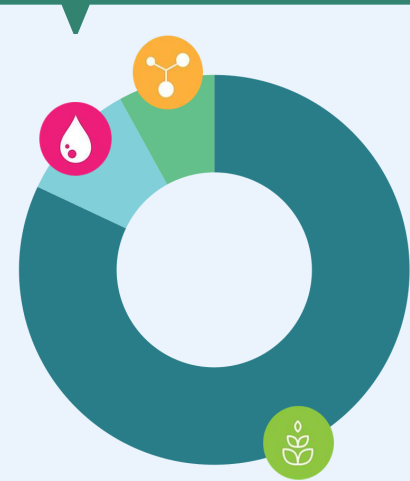
CALORIES 52/100GM

	AMOUNT
CARBOHYDRATE	11.94 G
FAT	0.65 G
PROTEIN	1.20 G
CHOLESTEROL	0.00
FIBER	6.5 G
RIBOFLAVIN	0.038 MG
SODIUM, NA	1 MG
THIAMIN	0.032 MG

	AMOUNT
NIACIN	0.598 MG
VITAMIN A	2 MCG
VITAMIN B12	0.00
VITAMIN B6	0.055 MG
VITAMIN C	26.2 MG
VITAMIN D	0.00
FOLATE	21 MCG

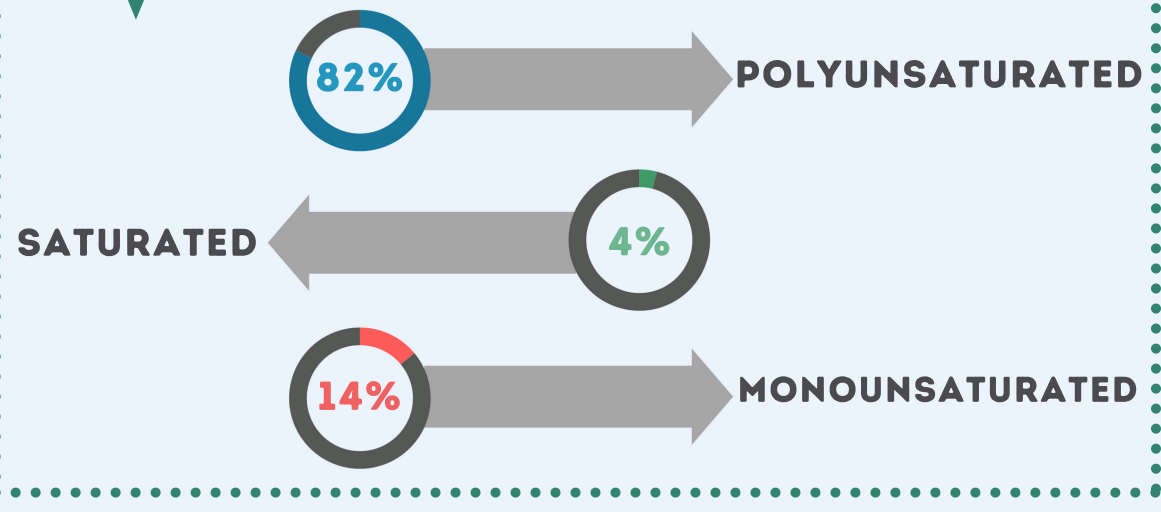


CALORIES BY SOURCE



- CARBOHYDRATE 82%
- FAT 10%
- PROTEIN 8%

FATS AND FATTY ACIDS



RASPBERRY OTHER NAMES

- RUBUS IDAEUS
- RASP
- ROUGH BERRY
- FRAMBUESA
- RED RASPBERRY BERRIES

MINERALS IN RASPBERRY

25 MG	CALCIUM, CA	2 % (DV)
0.090 MG	COPPER, CU	10 % (DV)
0.69 MG	IRON, FE	4 % (DV)
22 MG	MAGNESIUM, MG	6 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
29 MG	PHOSPHORUS, P	4 % (DV)
151 MG	POTASSIUM, K	3 % (DV)
0.42 MG	ZINC, ZN	4 % (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.