



WHOLE CRANBERRIES SUPERIOR FRUIT
 UPC #90950, 91950, 91951, 92001, 92002
 NUTRITIONAL ANALYSIS

Per 100 grams

Calories	47.81
Calories from Fat	0
Total Carbohydrates	10.39 g
Sugars	4.10 g
Dietary Fiber	4.46 g
Protein	0.55 g
Total Fat	0.45 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Moisture	88.21 g
Ash	0.40 g
Vitamin A	0.0 mg
Vitamin C	18.20 mg
Calcium	10.0 mg
Iron	0.57 mg
Copper	0.08 mg
Magnesium	6.00 mg
Niacin	0.014 mg
Phosphorus	10.30 mg
Potassium	73.0 mg
Riboflavin	0.037 mg
Sodium	3.0 mg
Thiamin	0.013 mg
Zinc	0.13 mg

This analysis represents an average sampling.