



WHOLE CRUNCHY CRANBERRIES™
UPC # 96408, 93380

NUTRITIONAL ANALYSIS (per 100 grams – unrounded)

MAY 2020

Calories	352.00
EU Energy (kJ/ kcal)	1570.50/ 371.70
CHINA Energy (kJ/ kcal)	1553.71/ 371.70
Calories from Fat	13.00
Total Carbohydrates (g)	96.0
Total Sugars (g)	67.80
Added Sugar (g)	53.26
Dietary Fiber (g)	14.7
Insoluble Fiber (g)	10.30
Soluble Fiber (g)	4.40
Protein (g)	0.90
Total Fat (g)	1.50
Saturated Fat (g)	0.18
Trans Fat (g)	0.00
Cholesterol (mg)	0.00
Moisture (g)	1.30
Ash (g)	0.30
Vitamin A (RAE)	7.80
Vitamin B1 - Thiamin (mg)	0.03
Vitamin B2 - Riboflavin (mg)	0.05
Vitamin B3 – Niacin (mg)	0.18
Folate (mg)	0.03
Vitamin C (mg)	0.00



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NUTRITIONAL ANALYSIS *cont'd* (per 100 grams – unrounded)

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Vitamin D (mcg)	0.00
Vitamin E (mg α -tocopherol)	3.00
Calcium (mg)	17.00
Copper (mg)	0.09
Iron (mg)	0.00
Magnesium (mg)	13.00
Manganese (mg)	0.50
Phosphorus (mg)	24.00
Potassium (mg)	140.00
Sodium (mg)	10.00
Zinc (mg)	0.14