

Blackberry Powder

Natural, Single Ingredient, non-alkalized

Revised
10/2022

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 297

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3.83mg 0%

Total Carbohydrate 150g 55%

Dietary Fiber 5g 18%

Total Sugars 30g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin A 180mg 4%

Vitamin C 4mg 4%

Calcium 53mg 4%

Iron 5.4mg 30%

Potassium 213mg 5%

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