

BLUEBERRIES



PRODUCE PARTICULARS

- Blueberries are full of essential nutrients, including Vitamin C and the mineral manganese. Loaded with Vitamin K, a key nutrient in maintaining healthy bones and blood.
- Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- People have been eating blueberries for more than 13,000 years. That's about 1,000 years before the advent of agriculture!

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 9%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Blueberries, Raw

DID YOU KNOW?

Blueberries are the only fruit (or vegetable) that is naturally blue!

What things around you can you find that are BLUE?