

CRANBERRY MICRODRIED® WHOLE

ORGANIC HIGH MOISTURE Nutritional Information

ORGANIC HIGH MOISTURE Analysis Name	Results	Units
Calories	384	Cal/100g
Carbohydrates	91.75	% by wt.
Total Sugars	47.42	% by wt.
Fructose	9.62	% by wt.
Glucose	37.80	% by wt.
Lactose	< 0.25	% by wt.
Maltose	< 0.25	% by wt.
Sucrose	< 0.25	% by wt.
Total Fat	0.71	% by wt.
Trans Fat	< 0.01	% by wt.
Saturated Fat	0.18	% by wt.
Monounsaturated Fat	0.19	% by wt.
cis-cis Polyunsaturated Fat	0.30	% by wt.
Total Dietary Fiber	24.5	% by wt.
Protein	2.65	% by wt.
Vitamin A (Beta Carotene)	711	IU/100g
Vitamin C	16.75	mg/100g
Calcium	25.5	mg/100g
Iron	0.83	mg/100g
Sodium	19.5	mg/100g
Ash	1.70	% by wt.

* Data obtained from multiple sources including testing and literature. Data is not lot specific and should not be considered a specification.

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