



**BERRYFUSIONS® FRUITS - Pomegranate**

UPC – 94646, 98010

**NUTRITIONAL ANALYSIS**

Per 100 grams

Calories	326
Calories from Fat	4.56
Total Carbohydrates	80.4 g
Sugars	69.3 g
Dietary Fiber	7.98g
Protein	<0.1 g
Total Fat	0.507 g
Trans Fat	0 g
Cholesterol	<1.0 mg
Moisture	16.61 g
Ash	<0.1g
Vitamin A	<100 IU
Vitamin C	<1.0 mg
Calcium	3.0 mg
Iron	0.17 mg
Copper	0.0246 mg
Magnesium	1.28 mg
Niacin	0.08 mg
Phosphorus	4.93 mg
Potassium	17 mg
Riboflavin	0.03 mg
Sodium	2.12 mg
Thiamin	0.01 mg
Zinc	0.0472 mg

This analysis represents an average sampling.

**Ocean Spray Cranberries Ingredient Technology Group**

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