



CLASSIC WHOLE SWEETENED DRIED CRANBERRIES  
 UPC 98008  
 NUTRITIONAL ANALYSIS

Per 100 grams

Calories	349
Calories from Fat	7.86
Total Carbohydrates	84.9 g
Sugars	72.4 g
Dietary Fiber	5.46 g
Protein	0.32 g
Total Fat	0.873 g
Saturated Fat	<0.5 g
Trans Fat	<0.01 g
Cholesterol	<1.0 mg
Moisture	13.70 g
Ash	0.20 g
Vitamin A	<35.0 IU
Vitamin C	<1.00 mg
Calcium	9.99 mg
Iron	0.415 mg
Copper	0.055 mg
Magnesium	5.96 mg
Niacin	0.08 mg
Phosphorus	10.9 mg
Potassium	66.2 mg
Riboflavin	<0.02 mg
Sodium	6.15 mg
Thiamin	0.02 mg
Zinc	0.103 mg

This analysis represents an average sampling. 25 Mar 2010

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