



CRUNCHY CRANBERRIES™
UPC # 96408

NUTRITIONAL ANALYSIS (per 100 grams – unrounded)

September 2018

Calories	352
Calories from Fat	13
Total Carbohydrates (g)	96
Total Sugars (g)	67.8
Added Sugar (g)	61.0
Dietary Fiber (g)	14.7
Insoluble Fiber (g)	10.3
Soluble Fiber (g)	4.4
Protein (g)	0.9
Total Fat (g)	1.5
Saturated Fat (g)	0.18
Trans Fat (g)	0
Cholesterol (mg)	0
Moisture (g)	1.0
Ash (g)	0.3
Vitamin A (RAE)	7.8
Vitamin B1 - Thiamin (mg)	0.03
Vitamin B2 - Riboflavin (mg)	0.05
Vitamin B3 – Niacin (mg)	0.18
Folate (mg)	0.03
Vitamin C (mg)	0
Vitamin D (mcg)	0
Vitamin E (mg α-tocopherol)	9.0



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NUTRITIONAL ANALYSIS *cont'd* (per 100 grams – unrounded)

September 2018

Calcium (mg)	17
Copper (mg)	0.09
Iron (mg)	0
Magnesium (mg)	13
Manganese (mg)	0.5
Phosphorus (mg)	24
Potassium (mg)	140
Sodium (mg)	10
Zinc (mg)	0.14