



the
TIDES

COMMODITY TRADING GROUP

Blackberry Puree 10 – 11 Brix

Nutritional Data Sheet

Approximate Values Per 100 grams

Calories:	52
Moisture:	86%
Protein:	0.72 g
Fat:	0.39 g
Fiber:	4.10 g
Ash:	0.48 g
Calcium:	32 mg
Phosphorus:	21 mg
Iron:	0.57 mg
Sodium:	0
Potassium:	196 mg
Thiamin:	0.03 mg
Vitamin A:	219 IU
Vitamin C:	2.8 mg
Riboflavin:	0.04 mg
Niacin:	0.4 mg

For information purposes only.

The Tides Commodity Trading Group cannot guarantee the specific accuracy of the data herein.