



**NUTRITIONAL**  
Blueberry Puree

| <b>Nutrients</b>    | <b>Amount per 100<br/>gms</b> |
|---------------------|-------------------------------|
| Calories            | 50                            |
| Calories from Fat   | 10                            |
| Proteins (gms)      | 0.7                           |
| Carbohydrates (gms) | 12                            |
| Fat (gms)           | 1                             |
| Sugars              | 9                             |
| Dietary Fiber (gms) | 3                             |
| Cholesterol (mgs)   | 0                             |
| Vitamin A (IU)      | 0                             |
| Vitamin C (mgs)     | 0                             |
| Calcium (mgs)       | 0                             |
| Iron (mgs)          | 0                             |

For information purposes only.  
The Tides Commodity Trading Group cannot guarantee the specific accuracy of the data herein.