



the **TIDES**

COMMODITY TRADING GROUP

NUTRITIONAL

Red Currant Juice Concentrate 65 Brix

Nutrients	Amount per 100 gms
Calories	252
Calories from fat	< 1.0
Total fat	<0.1
Saturated fat (gms)	<0.1
Moisture (gms)	35
Ash	2.0
Cholesterol (mg)	0
Sodium (mgs)	7.7
Carbohydrates (g, by difference)	60.2
Sugars (g. mono & disaccharides)	62.3
Dietary fiber (g)	6.6
Protein (g)	2.8
Vitamin A (IU)	< 50
Vitamin C (mg)	<1.0
Calcium (mg)	73.1
Iron (mg)	2.0

For information purposes only.

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