

**Berries, Blackberries**  
**Serving Size**

**grams**  
Amount Per Serving  
**Calories** **60**

	% Daily Value *
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 14 g	<b>5%</b>
Dietary Fiber 8 g	<b>27%</b>
Total Sugars 7 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	0%
Calcium 42 mg	4%
Iron 0.89 mg	4%
Potassium 230 mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens:**  
**Ingredients:**