

Berries, Blackberries

Serving Size

████████████████████

grams

Amount Per Serving

Calories **60**

████████████████████ **% Daily Value** *

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 14 g **5%**

Dietary Fiber 8 g **27%**

Total Sugars 7 g

Includes 0 g Added Sugars **0%**

Protein 2 g

████████████████████

Vitamin D 0 mcg **0%**

Calcium 42 mg **4%**

Iron 0.89 mg **4%**

Potassium 230 mg **4%**

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*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:
