

Whole Blueberries

Nutrition Facts

26 servings per container

Serving size 1/2 cup (13g) dry
(about 1/2 cup prepared)

Amount per serving

Calories **45**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0mg 0%

Potassium 61mg 2%

Vitamin C 8mg 8%

Vitamin K 15mcg 15%

Manganese 0.3mg 15%

*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.

INGREDIENTS: Freeze-dried blueberries.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover desired amount of Freeze-Dried Whole Blueberries with warm water.
3. Let stand for 5 minutes, stirring occasionally.
4. Drain excess water and serve.

11106-021422