

04/01/24

Product Name: Berry Blast 100% frozen fruit Cup

Ingredients: SEA MOSS, APPLE JUICE, BANANA PUREE, BLUEBERRY PUREE, BLACKBERRY PUREE, CHICORY ROOT FIBER, NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE FOR COLOR, ASCORBIC ACID (VITAMIN C), VITAMIN E (AS ACETATE), NIACINAMIDE, D-CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12).), SPRING WATER, VEGETABLE JUICE (FILTERED WATER AND CONCENTRATED JUICES OF SWEET POTATOES, PURPLE CARROTS, CARROTS), FRUIT JUICE (FILTERED WATER AND CONCENTRATED JUICES OF APPLES, WHITE GRAPES, BLUEBERRIES, RED RASPBERRIES), MALIC ACID, BETA CAROTENE, STRAWBERRIES, BLUEBERRIES, BLACKBERRIES, RASPBERRIES

Contains: N/A

100-Gram Unrounded Nutrient Values

Nutrient Name	Unit	Values Shown per 100g
Calories		40.06
Total Fat	g	0.1
Saturated Fat	g	0.01 **
Trans Fat	g	0.0
Cholesterol	mg	0.0 **
Sodium	mg	21.2
Total Carbs	g	9.6
Dietary Fiber	g	1.18 **
Sugars	g	4.74 **
Added Sugars	g	0.0 **
Protein	g	0.68
Vitamin A	mcg	2.14 **
Vitamin C	mg	12.11 **
Vitamin D	mcg	0.0 **
Calcium	mg	22.0 **
Iron	mg	2.38 **
Potassium	mg	83.24 **
Polyunsaturated Fat	g	0.05 **
Monounsaturated Fat	g	0.01 **

Nutrient Name	Unit	Values Shown per 100g
Vitamin E	mg	0.32 **
Vitamin K	mcg	3.03 **
Thiamin	mg	0.01 **
Riboflavin	mg	0.12 **
Niacin	mg	2.22 **
Vitamin B-6	mg	0.22 **
Folate	mcg	49.11 **
Vitamin B-12	mcg	0.6 **
Pantothenic Acid	mg	1.07 **
Phosphorus	mg	43.1 **
Magnesium	mg	38.83 **
Zinc	mg	0.54 **
Selenium	mcg	0.22 **
Copper	mg	0.05 **
Manganese	mg	0.17 **
Fluoride	mg	0.18 **
Soluble Fiber	g	0.0 **
Insoluble Fiber	g	0.0 **
Sugar Alcohol	g	0.0 **
Biotin	mcg	0.0 **
Iodine	mcg	0.0 **
Chromium	mcg	0.0 **
Molybdenum	mcg	0.0 **
Chloride	mg	0.0 **
Choline	mg	4.43 **
Calories from Saturated Fat	g	0.1 **

** One or more ingredients in your recipe has an unavailable nutrient value.

This is due to missing data from brand Facts Panels, or an old recipe.