

Basic Report 09055, Blueberries, frozen, sweetened

Report Date: September 18, 2019 18:41 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, thawed 230g | 1 package (10 oz) 284g |
|--------------------------------|------|------------------------|-----------------------|---------------------------|
| Proximates | | | | |
| Water | g | 77.40 | 178.02 | 219.82 |
| Energy | kcal | 85 | 196 | 241 |
| Protein | g | 0.40 | 0.92 | 1.14 |
| Total lipid (fat) | g | 0.13 | 0.30 | 0.37 |
| Carbohydrate, by difference | g | 21.95 | 50.48 | 62.34 |
| Fiber, total dietary | g | 2.2 | 5.1 | 6.2 |
| Sugars, total | g | 19.72 | 45.36 | 56.00 |
| Minerals | | | | |
| Calcium, Ca | mg | 6 | 14 | 17 |
| Iron, Fe | mg | 0.39 | 0.90 | 1.11 |
| Magnesium, Mg | mg | 2 | 5 | 6 |
| Phosphorus, P | mg | 7 | 16 | 20 |
| Potassium, K | mg | 60 | 138 | 170 |
| Sodium, Na | mg | 1 | 2 | 3 |
| Zinc, Zn | mg | 0.06 | 0.14 | 0.17 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | 2.3 | 2.8 |
| Thiamin | mg | 0.020 | 0.046 | 0.057 |
| Riboflavin | mg | 0.052 | 0.120 | 0.148 |
| Niacin | mg | 0.253 | 0.582 | 0.719 |
| Vitamin B-6 | mg | 0.059 | 0.136 | 0.168 |
| Folate, DFE | µg | 7 | 16 | 20 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 2 | 5 | 6 |
| Vitamin A, IU | IU | 49 | 113 | 139 |
| Vitamin E (alpha-tocopherol) | mg | 0.52 | 1.20 | 1.48 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 17.7 | 40.7 | 50.3 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.011 | 0.025 | 0.031 |
| Fatty acids, total monounsaturated | g | 0.018 | 0.041 | 0.051 |
| Fatty acids, total polyunsaturated | g | 0.057 | 0.131 | 0.162 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |