

Basic Report 09048, Blackberries, frozen, unsweetened
Report Date: June 18, 2019 13:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, unthawed 151g	1 package (18 oz) 510g
Proximates				
Water	g	82.21	124.14	419.27
Energy	kcal	64	97	326
Protein	g	1.18	1.78	6.02
Total lipid (fat)	g	0.43	0.65	2.19
Carbohydrate, by difference	g	15.67	23.66	79.92
Fiber, total dietary	g	5.0	7.5	25.5
Sugars, total	g	10.67	16.11	54.42
Minerals				
Calcium, Ca	mg	29	44	148
Iron, Fe	mg	0.80	1.21	4.08
Magnesium, Mg	mg	22	33	112
Phosphorus, P	mg	30	45	153
Potassium, K	mg	140	211	714
Sodium, Na	mg	1	2	5
Zinc, Zn	mg	0.25	0.38	1.27
Vitamins				
Vitamin C, total ascorbic acid	mg	3.1	4.7	15.8
Thiamin	mg	0.029	0.044	0.148
Riboflavin	mg	0.046	0.069	0.235
Niacin	mg	1.207	1.823	6.156
Vitamin B-6	mg	0.061	0.092	0.311
Folate, DFE	µg	34	51	173
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	6	9	31
Vitamin A, IU	IU	114	172	581
Vitamin E (alpha-tocopherol)	mg	1.17	1.77	5.97

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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	19.8	29.9	101.0
Lipids				
Fatty acids, total saturated	g	0.015	0.023	0.076
Fatty acids, total monounsaturated	g	0.041	0.062	0.209
Fatty acids, total polyunsaturated	g	0.245	0.370	1.250
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0