	Freeze Dried Whole Blackberries	NUTRITION INFORMATION Servings per Package: 1		Serving Size: 2
		Quantity (per 100g)	% Daily Intake* (per Serving)	Quantity per 2
	Energy	820 kJ	2.35 %	205
		196 Cal		49 C
	Protein	6.05 g	3 %	1.5
	Fat - total	1.15 g	0.4%	0.29
	<ul><li>saturated</li></ul>	Less than .5 g	0.4%	Less than 0.25
	<ul> <li>monounsaturated</li> </ul>	Less than .5 g		Less than 0.25
	<ul> <li>polyunsaturated</li> </ul>	Less than .5 g		Less than 0.25
	- trans	Less than 0.05 g		Less than 0.025
	Carbohydrate - total	39.75 g	3.25 %	9.9
	sugars	15 <b>.</b> 5 g	4.25 %	3.9

3.15 mg Less than 0.25 % 0.79 mg

\*Percentage Daily intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs. PLEASE NOTE: the above nutrition panel is only a presentation to show all the results in the general format and it is the customer's responsibility to ensure that the label conforms to regularly requirements. For some products / countries the nutrition panel requires content that can only be supplied via the product formulation and not by testing.



100% Australian Freeze Dried Whole Blackberries 25grams

The Berry Fresh range of Blackberry products are grown by some of Australia's Biggest and most Professional Blackberry growers. Our 100% Australian Blackberries are grown in the

heart of the Yarra Valley in Victoria.

The perfect growing conditions allow us to achieve Maximum Flavour, quality and year round supply. Our range of Blackberry products gives you the best of Natural Blackberry but in Powder, Crumble and Whole Freeze Dried Blackberry products. Full of Sweet Blackberry flavour with the traditional Sweetness and just the right amount of Blackberry Zing.

Our goal at Berry Fresh Australia is to bring you the Highest Quality Freeze Dried Berry products available. All our Berry Products are 100% Australian grown by 100% Aussie family Farmers from all across Australia. Our berry products are Natural Berry products and are Vegan Friendly. No added, yeast, gluten, wheat, milk, derivatives, artificial colours, flavours, sweeteners or sugar. No Preservatives. Just 100% Natural, Australian Freeze Dried Berry products.



