Eden Foods, Organic, Dried Blueberries, 4 oz (113 g)

By Eden Foods

Description

Resealable Package

Wild · Hand Harvested

Double Certified Organically Grown

Very Low Sodium

Sweetened with Organic Apple Juice Concentrate

Creation and Maintenance of Purity in Food

Kosher Pareve

OCIA Certified Organic

Organically grown North American, low bush, wild blueberries, hand harvested, infused with organic apple juice concentrate, slowly dried, and lightly misted with organic sunflower oil to prevent clumping. Wild, low bush blueberries are rated highest in antioxidant activity. Tiny berries with big health value.

Other Ingredients

Organic wild blueberries, organic apple juice concentrate, organic sunflower oil

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| **Supplement Facts** | | |
| **Serving Size:** 1/4 cup (40 g) | | |
| **Serving Per Container:** about 3 | | |
|  | **Amount Per Serving** | **% Daily Value\*** |
| Calories | 140 |  |
| Calories from Fat | 10 |  |
| Total Fat | 1 g | 2% |
| Saturated Fat | 0 g | 0% |
| Trans Fat | 0 g |  |
| Cholesterol | 0 mg | 0% |
| Sodium | 10 mg | 0% |
| Potassium | 300 mg | 8% |
| Total Carbohydrate | 31 g | 10% |
| Dietary Fiber | 5 g | 20% |
| Sugars | 21 g |  |
| Protein | <1 g | 0% |
| Vitamin A |  | 0% |
| Vitamin C |  | 0% |
| Calcium |  | 2% |
| Iron |  | 4% |
| \*Percent Daily Values are based on a 2,000 calorie diet. | | |