

**ORGANIC MICRODRIED® BLUEBERRY**  
**Jumbo Whole Low Moisture**



Analysis Name	Results	Units (per 100g)
Calories	382	Cal
Carbohydrates	87.53	g
Total Sugars	60.30	g
Fructose	31.46	g
Glucose	28.84	g
Lactose	0.25	g
Maltose	0.25	g
Sucrose	0.25	g
Added Sugar	0	g
Total Fat	1.72	g
Trans Fat	< 0.01	g
Saturated Fat	0.27	g
Monounsaturated Fat	0.32	g
cis-cis Polyunsaturated Fat	1.04	g
Cholesterol	< 1	mg
Total Dietary Fiber	17.4	g
Protein	4.05	g
Polyphenols	23,000	ppm
Vitamin A (Beta Carotene)	48	IU/100g
Vitamin C	< 0.5	mg
Vitamin D	< 1	mcg
Calcium	63.0	mg
Iron	4.7	mg
Sodium	5.80	mg
Potassium	707.74	mg
Ash	1.69	mg

*Data obtained from multiple sources including testing and literature.  
 Data is not lot specific and should not be considered a specification.*

**Milne MicroDried®**

8100 E Executive Drive • Nampa, ID 83687 USA  
 tel: 208.461.5100 • fax: 208.461.5110 • sales@milnemicrodried.com

[milnemicrodried.com](http://milnemicrodried.com)

Updated 11.2.2020