

749409

Page 1 of 3
 Oct # 344894

Blueberries, frozen, unsweetened

NDB No: 09054

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
Proximates				
Water	g	86.59	3	0.573
Energy	kcal	51	0	0
Energy	kJ	213	0	0
Protein	g	0.42	3	0.045
Total lipid (fat)	g	0.64	3	0.018
Ash	g	0.18	3	0.018
Carbohydrate, by difference	g	12.17	0	0
Fiber, total dietary	g	2.7	0	0
Sugars, total	g	8.45	0	0
Minerals				
Calcium, Ca	mg	8	3	2.486
Iron, Fe	mg	0.18	3	0.076
Magnesium, Mg	mg	5	3	0.731
Phosphorus, P	mg	11	3	2.351
Potassium, K	mg	54	3	1.202
Sodium, Na	mg	1	3	0.167
Zinc, Zn	mg	0.07	3	0.012
Copper, Cu	mg	0.033	3	0.007
Manganese, Mn	mg	0.147	3	0.087
Selenium, Se	mcg	0.1	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	2.5	3	2.366
Thiamin	mg	0.032	3	0.001
Riboflavin	mg	0.037	3	0.005
Niacin	mg	0.520	3	0.012
Pantothenic acid	mg	0.125	3	0.024
Vitamin B-6	mg	0.059	3	0.002
Folate, total	mcg	7	3	1.257
Folic acid	mcg	0	0	0
Folate, food	mcg	7	3	1.257

Folate, DFE	mcg_DFE	7	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	46	0	0
Vitamin A, RAE	mcg_RAE	2	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.48	0	0
Vitamin K (phylloquinone)	mcg	16.4	0	0
Lipids				
Fatty acids, total saturated	g	0.053	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.000	0	0
14:0	g	0.000	0	0
16:0	g	0.031	0	0
18:0	g	0.011	0	0
Fatty acids, total monounsaturated	g	0.091	0	0
16:1 undifferentiated	g	0.002	0	0
18:1 undifferentiated	g	0.087	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.279	0	0
18:2 undifferentiated	g	0.167	0	0
18:3 undifferentiated	g	0.112	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Amino acids				
Tryptophan	g	0.002	0	0
Threonine	g	0.012	0	0
Isoleucine	g	0.013	0	0
Leucine	g	0.025	0	0
Lysine	g	0.008	0	0

Methionine	g	0.007	0	0
Cystine	g	0.004	0	0
Phenylalanine	g	0.015	0	0
Tyrosine	g	0.005	0	0
Valine	g	0.018	0	0
Arginine	g	0.022	0	0
Histidine	g	0.006	0	0
Alanine	g	0.018	0	0
Aspartic acid	g	0.033	0	0
Glutamic acid	g	0.052	0	0
Glycine	g	0.017	0	0
Proline	g	0.015	0	0
Serine	g	0.013	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	28	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	68	0	0

USDA National Nutrient Database for Standard Reference, Release 161 (2004)

New Search

Oct # 344694



R & K Blueberries, L.L.C.

**R & K Blueberries, LLC
Grower & Packer
Fresh & Frozen Blueberries**

**Grade A Field Run 2007 Crop & Pack
1483 30# cartons**

**Pallet 10 cartons by 6 high 60 per pallet
Storage temp. 0 degrees
Shelf life- keep frozen**