



Marion Blackberries IQF



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Product Last Saved Date: 29 March 2016

Nutrition Facts

Serving Size: 124 GR

Number of Servings per Package: 36

Amount Per Serving

Calories: 80 Calories from Fat: 0

% Daily Value*

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrate	19 g	6%
Dietary Fiber	7 g	28%
Sugars	12 g	
Protein	2 g	

Vitamin A	Per Srv	2%	Vitamin C	Per Srv	8%
Calcium	4%		Iron	8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
37929	749549	00048800379292	1 X 10 LB	

Brand	Brand Owner	GPC Description
Flavrpac	NORPAC FOODS INC.	Fruit – Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11 LB	10 LB	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.3125 IN	11.125 IN	40 IN	3.4283 CF	12x10	730 Days	-10 FA / 0 FA

Ingredients :

Marion Blackberries.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - NI
Fish - N	Crustacean - N	Nuts - N

Handling Suggestions :

Store at or below 0°F (-18°F) or store in freezer compartment of the refrigerator.

Benefits :

The Marion Blackberry with its bold purple color makes a great topping, or add to pancake or muffin batters

Serving Suggestions :

Perfect as a light dessert, topping for ice cream or in a fruit salad.

Prep & Cooking Suggestions :

Thaw for ready to eat.

More Information :