



# Freeze Dried Blueberries



Serving Suggestion  
Photo Enlarged to Show Texture

## DIRECTIONS

To rehydrate, add small amounts of water to blueberries for about 10 minutes or until fully rehydrated. Can be eaten straight from package.

## INGREDIENTS

Cultivated Blueberries

Allergens: None

NET WT 11.8 oz (336 g)

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## Nutrition Facts

Serving Size: 1/4 cup (6g)  
Servings Per Container: 60

Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%

\*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9	Carbs 4	Protein 4

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