

EZM, Inc. Organic Blueberries — 1/2 Cup

Nutrition Facts

servings per container

Serving size 1/2 cup (74g)

Amount per serving

Calories 42

% Daily Value*

Total Fat 0.24g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 0mg 0%

Total Carbohydrate 10.7g 4%

Dietary Fiber 1.8g 6%

Total Sugars 7.37g

Added Sugars 0g 0%

Protein 0.55g

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 0.21mg 1%

Potassium 57mg 1%

Vitamin A 2mcg 0%

Vitamin C 7.2mg 8%

Manganese 0.25mg 11%

Vitamin K 14.3mcg 12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.