

Nutritional Information Sheet

IQF Strawberries

Size: 30lb Case

Nutrition Facts	
Servings per container:	About 97
Serving size	1 cup (140g)
Amount	Per serving
Calories	50
	% Daily Value
Total fat	0 g 0 %
Saturated fat	0 g 0 %
Trans fat	0 g
Cholesterol	0 mg 0 %
Sodium	0 mg 0 %
Total carbohydrates	13 g 5 %
Dietary fiber	3 g 11 %
Total sugars	6 g
Includes 0g added sugars	0 g 0 %
Protein	< 1 g
Vitamin D	0 mcg 0 %
Calcium	20 mg 2 %
Iron	1.0 mg 6 %
Potassium	210 mg 4 %
Vitamin C (optional)*	58 mg 60 %
Vitamin A (optional)*	0 mcg 0 %

INGREDIENTS: Strawberries.

Claims:

- *High in Vitamin C*
- *Good Source of Fiber*