



**NUTRITIONAL ANALYSIS
CRANBERRY SEEDS
UPC 90128**

NUTRITIONAL ANALYSIS (per 100 grams – unrounded)

May 6, 2019

	Cranberry Seeds
Calories	185
Calories from Fat	90.9
Total Carbohydrates	60.8 g
Total Sugars	2.60 g
Added Sugars	0 g
Dietary Fiber*	60.7 g Soluble 4.6g Insoluble 56.1g
Protein	21.3 g
Total Fat	10.10 g
Saturated Fat	0.71 g
Trans Fat	0 g
Cholesterol	0 mg
Moisture	5.49 g
Ash	2.31 g
Vitamin A	2.15 RAE
Vitamin C	0 mg
Vitamin E	2.11 mg
Calcium	182 mg
Iron	3.79 mg
Sodium	3.35 mg
Magnesium	187 mg
Potassium	538 mg
Copper	1.39 mg
Phosphorus	505 mg

Zinc	2.89 mg
Thiamine (Vit B1)	0.20 mg
Riboflavin (Vit B2)	0.20 mg
Niacin (Vit B3)	1.12 mg
Additional Analysis	
Omega 3 Fatty Acids*	3.23 g
Omega 6 Fatty Acids	3.81 g

- * **Based on the Daily Value at 30 gram serving:**
Dietary Fiber is 65% of the %DV/30 grams is considered an excellent source.

Omega-3 Fatty Acid is 61% of the %DV/30grams is considered an excellent source of ALA Omega-3 Fatty Acids.

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