

Smeltzer Orchard Co.
Dried Cultivated Blueberries

NUTRITION FACTS	
Serving Size: 1/3 cup (44g)	
Servings per Container:	
Amount per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 29g	
Protein less than 1g	
Vitamin A **% * Vitamin C **%	
Calcium **% * Iron **%	
*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
Saturated 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	

Ingredients: Blueberries, corn syrup.

**This product does not contain any of the following allergens: tree nuts, shellfish, egg, dairy & milk derivatives, soy & soy byproducts, fish, wheat.