

Cranberries

Nutrition Facts

Serving Size 1/2 cup (55g)

Amount Per Serving

Calories 25 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 7g **2%**

 Dietary Fiber 3g **12%**

 Sugars 2g

Protein 0g

Vitamin A 0% • Vitamin C 10%

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 |
| 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