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BLUEBERRY (FROZEN, UNSWEETENED) NUTRITIONAL VALUES (per 100 gram sample)

Calories	51	Kcal	Riboflavin B2	0.037	mg
Protein	0.42	g	Niacin	0.52	mg
Total Carbohydrates	12.17	g	Vitamin B6	0.059	mg
Sugar-Total	8.45	g	Vitamin C	2.5	mg
Dietary Fiber	2.7	g	Vitamin E	0.48	mg
Fat-Total	0.64	g	Folate	7	mcg
Saturated Fat	0.053	g	Pantothenic Acid	0.125	mg
Mono Unsaturated Fat	0.091	g	Calcium	8	mg
Poly Unsaturated Fat	0.279	g	Iron	0.18	mg
Cholesterol	0	mg	Magnesium	5	mg
Water/Moisture	84.21	g	Phosphorus	11	mg
Ash	0.24	g	Potassium	54	mg
Vitamin A	46	I.U.	Sodium	1	mg
Thiamin B1	0.032	mg	Zinc	0.07	mg

g=grams mg=milligrams kcal=kilocalories IU=International Units mcg=micrograms