



NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE –Raspberries (1 PUNNET, RAW)

NUTRITION INFORMATION			
Serving size: 125g (1 punnet)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	108g		86g
Energy	254kJ	3%	203kJ
Protein	1.4g	3%	1.1g
Total fat	0.3g	<1%	0.2g
Saturated fat	0g	0%	0g
Total Carbohydrates	8.5g	3%	6.8g
Sugars	8.1g	9%	6.5g
Dietary fibre	7.0g	23%	5.6g
Sodium	1mg	<1%	1mg
Potassium	195mg		156mg
Folate eq	43ug	21%	34ug
Biotin	6.5ug	22%	5.2ug
Vitamin C	36mg	91%	29mg
Vitamin K^	10ug	12%	8ug
Manganese	0.6mg	13%	0.5mg
Total polyphenols^	518mg GAE		414mg GAE
Beta-carotene	35ug eq		28ug eq
Anthocyanins^^	61mg		49mg

Source: Aust Food Comp Data or ^ USDA
 ^^Bhagwat et al
 * based on an average adult diet of 8700 kJ
 "<" means less than
 GAE means Gallic Acid Equivalents

**NUTRITION INFORMATION PANEL
 MUST APPEAR WHEREVER NUTRITION
 AND HEALTH CLAIMS ARE MADE**

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