


[Contact Us](#)
[Help](#)
[Log Out](#)
[SYSCO eNutrition](#) > [Search Food Products Only](#) > [Product Detail](#) > [Nutrition Information](#)

## BERRY PERFECT IQF

[Printer Friendly](#)

SUPC: 1410976

Nutrition Information		
Serving Size: 3/4 Cup (113 grams)		
Amount Per Serving		
Calories: 60	Calories from Fat: 0	
		% Daily Value*
<b>Total Fat:</b>	0 Gram	0%
Saturated Fat:	0 Gram	0%
Trans Fat:	0 Gram	
Polyunsaturated Fat:	0 Gram	
Monounsaturated Fat:	NA	NA
<b>Cholesterol:</b>	0 MG	0%
<b>Sodium:</b>	5 MG	0%
<b>Potassium:</b>	0 MG	0%
<b>Total Carbohydrate:</b>	16 Gram	5%
Dietary Fiber:	3 Gram	12%
Sugars:	9 Gram	
<b>Protein:</b>	0 Gram	
Vitamin A: 2%	●	Vitamin C: 25%
Calcium: 2%	●	Iron: 4%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories per gram:		
Fat 9	●	Carbohydrate 4
	●	Protein 4

**Calorie Percentages**

■ PRO - 0%  
■ CHO - 100%  
■ FAT - 0%

### Ingredients:

Strawberries, Blueberries, Blackberries, and Red Raspberries

### Notes

- The nutritional values indicated may not be complete based on limited information from product manufacturer.
- This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
- If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.
- These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.