

Nutrition Facts

Elderberries Serving size (100g)

Amount Per Serving

Calories

70

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% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 18g 7%

Dietary Fiber 7g 25%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein < 1g 1%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1.62mg 8%

Potassium 0mg 0%

Vitamin A 10%

Vitamin C 60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.