ITEM : WHOLE CRANBERRIES, GRADE A
SPEC. NO. : 2000
DATE : 9/1/16 SUPERCEDES: Original

GENERAL DESCRIPTION:
Premium grown cranberries are matured on the vine and harvested to obtain only the ripest, freshest fruit that customers expect in a premium product. The fruit is optically sorted, sized, washed and dried to guarantee premium color, quality and freshness. The product is free flowing, case frozen, for ease of handling. The cranberries are maintained at 0° F. or below prior to shipping.

PHYSICAL CHARACTERISTICS:
Color: Bright, fairly uniform red color typical of properly matured cranberries with no more than 4% white/green/yellow. Chemical color analysis will exceed 30mg / 100g fruit.

Grade: Equivalent to U.S.D.A. Grade A. Practically free of harmless extraneous plant matter, foreign matter, and insect material. Unusable fruit not to exceed 3%.

Product Size: 95% within 13/32" and 20/32". Average fruit weight of 1.4 to 1.6 g/berry (285-325 per pound).

MICROBIOLOGICAL:

E. Coli	10/gram, Maximum
Yeast	10/gram, Maximum
Mold	10/gram, Maximum

PACKAGING:
Packed into the following packaging sizes: 2-2.5 lbs., 40 lbs.

INGREDIENTS: Cranberries

ALLERGENS: None of the major allergens as recognized by the U.S. Food and Drug Administration, or by the Canadian Food Inspection Agency.

SHELF LIFE and STORAGE:
Two years from date of pack when stored at 0° F. or below. Avoid extreme temperature fluctuations and thaw refreeze conditions.

COUNTRY OF ORIGIN: USA

GMO STATUS: Non-GMO

GLUTEN STATUS: This is a gluten-free product

Approved by: Michael Ricci, Jr., QA Manager

Cranberries, raw

Serving size: 1 cup, whole (95g)

Nutritional Summary

Nutrition Facts

Serving Size 1 cup, whole (95g)

Amount Per Serving	
Calories 44	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	17%
Sugars 4g	
Protein 0g	
Vitamin A 1% • Vitamin C 21%	
Calcium 1% • Iron 1%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Download hi-res Nutrition Facts images for print

95	2	3
%Carbs	%Fats	%Protein

In Simple Terms

The Good
This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin K, and a very good source of Dietary Fiber, Vitamin C and Manganese.

The Bad
A large portion of the calories in this food come from sugars.

Nutrients per Serving

		%DV
Food Energy		
Calories	43.7 (183kJ)	2%
Calories from Carbohydrate	41.4 (173kJ)	
Calories from Fat	1.0 (4.3kJ)	
Calories from Protein	1.2 (5.2kJ)	

		%DV
Carbohydrates		
Total Carbohydrate	11.6g	4%
Dietary Fiber	4.4g	17%
Starch	0.0g	
Sugars	3.8g	
Sucrose	124mg	
Glucose	3116mg	
Fructose	598mg	

		%DV
Protein & Amino Acids		
Protein	0.4g	1%
Tryptophan	2.9mg	
Threonine	26.6mg	
Isoleucine	31.4mg	
Leucine	50.3mg	
Lysine	37.1mg	
Methionine	2.9mg	

Nutrition Facts and Food Composition Analysis for Cranberries, raw

Lactose	0.0mg	
Maltose	0.0mg	
Galactose	0.0mg	
		%DV
Fats & Fatty Acids	0.1g	0%
Total Fat	0.0g	0%
Saturated Fat	0.0mg	
4:0	0.0mg	
6:0	0.0mg	
8:0	0.0mg	
10:0	0.0mg	
12:0	~	
13:0	0.0mg	
14:0	~	
15:0	5.7mg	
16:0	~	
17:0	1.9mg	
18:0	~	
19:0	~	
20:0	~	
22:0	~	
24:0	0.0g	
Monounsaturated Fat	~	
14:1	~	
15:1	1.0mg	
16:1 undifferentiated	~	
16:1 c	~	
16:1 t	~	
17:1	17.1mg	
18:1 undifferentiated	~	
18:1 c	~	
18:1 t	0.0mg	
20:1	0.0mg	
22:1 undifferentiated	~	
22:1 c	~	
22:1 t	~	
24:1 c	0.1g	
Polyunsaturated Fat	~	
16:2 undifferentiated	31.4mg	
18:2 undifferentiated	~	
18:2 n-6 c,c	~	
18:2 c,t	~	
18:2 t,c	~	
18:2 t,t	~	
18:2 I	~	
18:2 t not further defined	20.9mg	
18:3	~	
18:3 n-3 c,c,c	~	
18:3 n-6 c,c,c	0.0mg	
18:4 undifferentiated	2.9mg	
Cystine	34.2mg	
Phenylalanine	30.4mg	
Tyrosine	42.7mg	
Valine	53.2mg	
Arginine	17.1mg	
Histidine	46.5mg	
Alanine	179mg	
Aspartic acid	139mg	
Glutamic acid	45.6mg	
Glycine	29.5mg	
Proline	48.5mg	
Serine	~	
Hydroxyproline		
		%DV
Vitamins	57.0IU	1%
Vitamin A	0.0mcg	
Retinol	2.9mcg	
Retinol Activity Equivalent	0.0mcg	
Alpha Carotene	34.2mcg	
Beta Carotene	0.0mcg	
Beta Cryptoxanthin	0.0mcg	
Lycopene	86.4mcg	
Lutein+Zeaxanthin	12.6mg	21%
Vitamin C	~	~
Vitamin D	1.1mg	4%
Vitamin E	0.0mg	
Beta Tocopherol	0.0mg	
Gamma Tocopherol	0.0mg	
Delta Tocopherol	0.0mg	1%
Thiamin	0.0mg	1%
Riboflavin	0.1mg	0%
Niacin	0.1mg	3%
Vitamin B6	1.0mcg	0%
Folate	1.0mcg	
Food Folate	0.0mcg	
Folic Acid	1.0mcg	
Dietary Folate Equivalents	0.0mcg	0%
Vitamin B12	0.3mg	3%
Pantothenic Acid	4.8mcg	6%
Vitamin K		
		%DV
Minerals	7.6mg	1%
Calcium	0.2mg	1%
Iron	5.7mg	1%
Magnesium	12.4mg	1%
Phosphorus	80.8mg	2%
Potassium	1.9mg	0%
Sodium	0.1mg	1%
Zinc	0.1mg	3%
Copper		

20:2 n-6 c,c	~
20:3 undifferentiated	~
20:3 n-3	~
20:3 n-6	~
20:4 undifferentiated	0.0mg
20:4 n-3	~
20:4 n-6	~
20:5 n-3	0.0mg
22:2	~
22:5 n-3	0.0mg
22:6 n-3	0.0mg
Total trans fats	~
Total trans-monoenoic fats	~
Total trans-polyenoic fats	~

Learn more about these fatty acids and their equivalent names

Manganese	0.3mg	17%
Selenium	0.1mcg	0%
		%DV
Sterols		
Cholesterol	0.0mg	0%
Phytosterols	~	
Campesterol	~	
Stigmasterol	~	
Beta-sitosterol	~	
		%DV
Other		
Alcohol	0.0g	
Water	82.8g	
Ash	0.1g	
Caffeine	0.0mg	
Theobromine	0.0mg	

Nutrient Density

Macronutrients	%DV per 200 Calories
Total Fat	1
Saturated Fat	0
Cholesterol	0
Total Carbohydrate	18
Dietary Fiber	80
Protein	3

LOW HIGH

Vitamins	%DV per 200 Calories
Vitamin A	5
Vitamin C	96
Vitamin D	~
Vitamin E	17
Vitamin K	28
Thiamin	3
Riboflavin	5
Niacin	2
Vitamin B6	12
Folate	1
Vitamin B12	0
Pantothenic Acid	13

LOW HIGH

Minerals	%DV per 200 Calories
Calcium	3
Iron	6
Magnesium	7
Phosphorus	6
Potassium	11
Sodium	0
Zinc	3

Copper	13	
Manganese	78	
Selenium	1	
	LOW	HIGH

Protein Quality

Essential Amino Acid	mg/g	% of optimal
Tryptophan	8	70
Threonine	72	211
Isoleucine	85	302
Leucine	136	206
Lysine	100	172
Methionine+Cystine	15	62
Phenylalanine+Tyrosine	174	277
Valine	115	330
Histidine	46	243

Amino Acid Score: **62**

Better Choices

Better Choices™ Substitutions

This food has an ND Rating of **3.3** and a Fullness Factor (FF) of **3.6**.

Substituting another food for this one may improve the nutritional quality of your diet and/or make it easier for you to control the number of Calories that you consume. Below are links to some potential substitutions that you may wish to explore.

Better Choices™ for healthy *weight loss*...
from Fruits and Fruit Juices
from all ready-to-eat foods and beverages

Better Choices™ for healthy *weight gain*...
from Fruits and Fruit Juices
from all ready-to-eat foods and beverages

Learn more about ND's Better Choices Diet...

Footnotes

Data for this listing was provided by USDA SR17. Each "~" indicates a missing or incomplete value.

In Simple Terms™, Better Choices™, the Fullness Factor™, and the 5-Star Rating are editorial opinions of NutritionData.com, given without warranty, and are not intended to replace the advice of a nutritionist or healthcare professional. ND's ratings are calculated from a weighted average of the nutrient densities of those nutrients for which the FDA has established Daily Values. ND's rating system does not consider other nutrients which may be important to your health, nor does it take into account your individual needs. Consequently, ND's

higher-rated foods may not necessarily be better than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 Calorie reference diet. Your daily values may be higher or lower based on your individual needs.

The 200 Calorie serving used for calculation of nutrient densities represents an arbitrary serving size which may or may not be typical of the amount of this food that you consume.

The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

To learn more about this analysis, please see ND's Analysis Help page.

 Unit Conversion: 1 cup = 8 fl oz Have you seer