

Blackberries, raw (*Rubus* spp.)

Portion: 100g

Name	Amount	Unit
Water	88	g
Energy	43	cal
Protein	1.39	g
Fat	0.49	g
Sugars	4.88	g
Calcium, Ca	29	mg
Iron, Fe	0.62	mg
Magnesium, Mg	20	mg
Manganese, Mn	0.646	mg
Phosphorus, P	22	mg
Potassium, K	162	mg
Sodium, Na	1	mg
Zinc, Zn	0.53	mg
Vitamin A	214	IU
Thiamine B ₁	0.020	mg
Riboflavin B ₂	0.026	mg
Niacin B ₃	0.646	mg
Vitamin B ₆	0.030	mg
Folate B ₉	25	mg
Vitamin C	21.0	mg
Vitamin E	1.17	mg
Vitamin K	19.8	mg

"Blackberries, raw." *FoodData Central*, 1 Apr. 2019, *USDA Agricultural Research Service*, fdc.nal.usda.gov/index.html. Accessed 19 Sept. 2023.

© 2013 - 2023 Growables, Inc.

A not-for-profit, tax exempt organization under section 501(c)(3) of the Internal Revenue Code.
www.growables.org