



Blackcurrants

FOOD.BRAND

FOOD.CATEGORY

Vegan

Blackcurrants

Nutrients

CALORIES	35 kcal (per 100g)
PROTEIN	1.3g (per 100g)
FAT	0.2g (per 100g)
CARBOHYDRATES	14.9g (per 100g)
FIBER	7.9g (per 100g)

David Janitzek Diets
 Premium
 Krumbacher Straße 26
 86424 Dinkelscherben,
 Germany
 VAT ID: DE453108867

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Bank Details
 Bank: Deutsche Bank
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDEDB720

Detailed Nutrient List



FAT	0.2 g
IRON	1.2 mg
ZINC	0.32 mg
FIBER	7.9 g
SODIUM	2 mg
COPPER	0.11 mg
VITAMIN B3 (NIACIN)	0.35 mg
PROTEIN	1.3 g
CALCIUM	39 mg
SUCROSE	0.7 g
VITAMIN B1 (THIAMIN)	0.062 mg
MAGNESIUM	20 mg
POTASSIUM	336 mg
MANGANESE	0.73 mg
VITAMIN E	1 mg
VITAMIN C (ASCORBIC ACID)	182.6 mg
VITAMIN A	14 µg
PHOSPHORUS	58 mg
VITAMIN B6 (PYRIDOXINE)	0.08 mg
VITAMIN B2 (RIBOFLAVIN)	0.032 mg
CARBOHYDRATE	14.9 g
FATTY SATURATED	0.03 g
FATTY MONOUNSATURATED	0.01 g

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81.96 g



VITAMIN K	0.1 µg
VITAMIN B9 (FOLATE)	8 µg
CHOLESTEROL	0 mg
TOTAL SUGAR ALCOHOLS	0 g
FATTY TRANS	0 g
OMEGA 3	0.05 g
OMEGA 6	0.08 g
GLUCOSE	3.22 g
FRUCTOSE	3.53 g
ASH	0.78 g
FIBER SOLUBLE	2.1 g
FIBER INSOLUBLE	5.8 g
CAROTENE BETA	0.2 mg
LUTEIN + ZEAXANTHIN	0.12 mg

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