



Raspberry Jam

FOOD.BRAND	FOOD.CATEGORY
------------	---------------

Nutrients

CALORIES	153 kcal (per 100g)
PROTEIN	0.3g (per 100g)
FAT	0.2g (per 100g)
CARBOHYDRATES	37.8g (per 100g)
FIBER	0.8g (per 100g)

Detailed Nutrient List

CARBOHYDRATE	37.8 g
FAT	0.2 g
PROTEIN	0.3 g

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

Contact:
Email: support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com

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



FIBER	0.8 g
FATTY SATURATED	0.01 g
FATTY MONOUNSATURATED	0.03 g
FATTY POLYUNSATURATED	0.12 g
SODIUM	1 mg
POTASSIUM	63 mg
CALCIUM	13 mg
MAGNESIUM	5 mg
IRON	0.3 mg
ZINC	0.05 mg
COPPER	0.06 mg
MANGANESE	0.11 mg
PHOSPHORUS	12 mg
VITAMIN A	1 µg
VITAMIN E	0.06 mg
VITAMIN B1 (THIAMIN)	0.01 mg
VITAMIN B2 (RIBOFLAVIN)	0.03 mg
VITAMIN B3 (NIACIN)	0.13 mg
VITAMIN B6 (PYRIDOXINE)	0.03 mg
VITAMIN B9 (FOLATE)	1.6 µg
VITAMIN C (ASCORBIC ACID)	11.4 mg
WATER	60.7 g
SUGAR	35.2 g

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

Contact:
 Email: support@dietspremium.com
 Tel.: +49 1520 744 5675

Web:
 dietspremium.com

Bank Details
 Bank: Deutsche Bank 33 g
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDEDB720
 17.6 g



GLUCOSE	17.6 g
SALT	0.003 g
CHOLESTEROL	0 mg
FATTY TRANS	0 g
GLICEMIC INDEX	50 µg
ASH	0.3 g
FIBER SOLUBLE	0.2 g
FIBER INSOLUBLE	0.6 g
VITAMIN K	0.5 µg
VITAMIN D	0 µg
VITAMIN B12 (COBALAMIN)	0 µg
SELENIUM	0.2 µg
CHLORIDE	3 mg
OMEGA 3	0.01 g
OMEGA 6	0.11 g
ACIDITY	1.2 g
LUTEIN + ZEAXANTHIN	12 mg
CAROTENE BETA	7 mg

The information contained in this document is for educational purposes only and does not replace medical advice.

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

Contact:
Email:
support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com

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