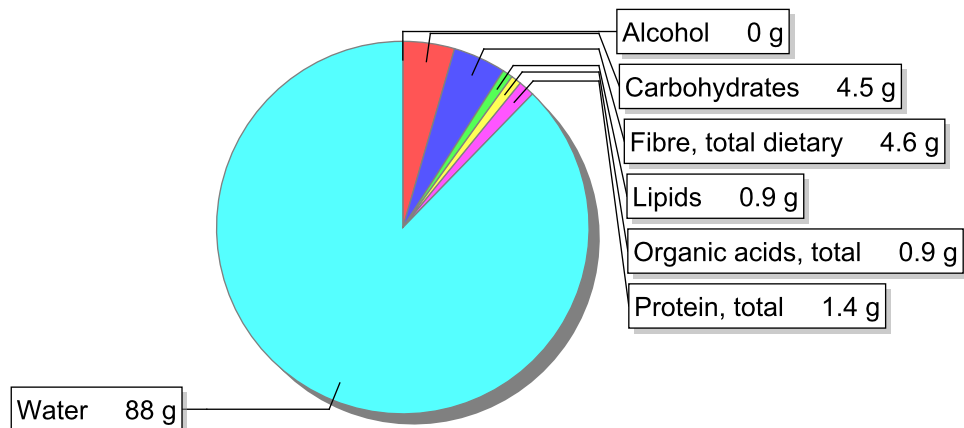


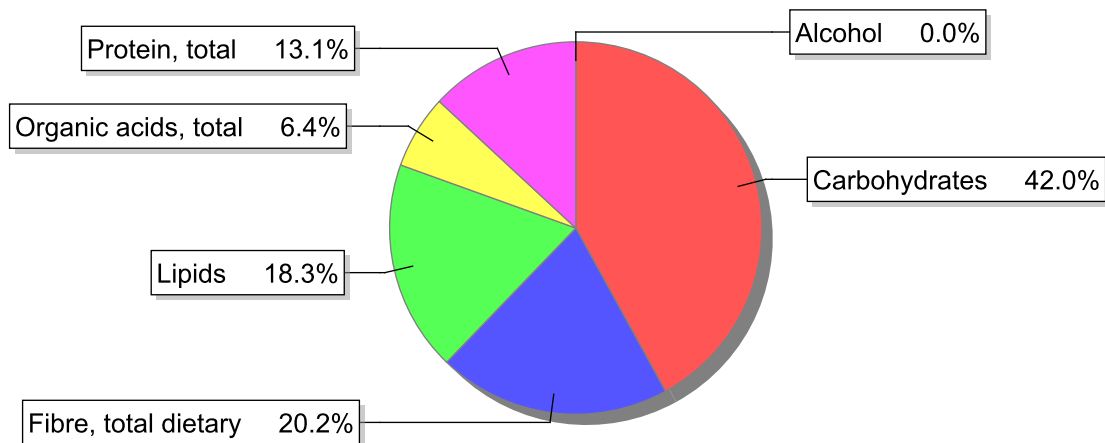
**Food**

**Name:** Blackberry  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A01EE

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	43	kcal	
energy kJ, total metabolisable	179	kJ	
fatty acids, total saturated	0	g	659
fatty acids, total monounsaturated	0	g	659
fatty acids, total polyunsaturated	0.3	g	659
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	4.2	g	659
sucrose	0.5	g	650

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
fibre, total dietary	4.6	g	650, 659
protein, total	1.4	g	650, 659
alcohol	0	g	650, 659
water	88	g	650, 659
organic acids, total	0.9	g	659
cholesterol	0	mg	650, 659
vitamin A; retinol equiv from retinol and carotenoid activities	27	µg	
carotene, total (vitamin A precursors)	164	µg	
vitamin D	0	µg	650, 659
alpha-tocopherol	4.42	mg	
thiamin	0.02	mg	650, 659
riboflavin	0.04	mg	650, 659
niacin, preformed	0.54	mg	650, 659
niacin equivalents, total	0.74	mg	
niacin equivalents from tryptophan	0.2	mg	650
vitamin B-6, total	0.05	mg	650, 659
vitamin B-12	0	µg	650, 659
vitamin C	16.5	mg	650, 659
folate, total	25	µg	650, 659
iodide	0.4	µg	650, 659
sodium	1.8	mg	650, 659
potassium	240	mg	650, 659
calcium	28	mg	650, 659
phosphorus	33	mg	650, 659
magnesium	22	mg	650, 659
iron, total	0.6	mg	650, 659
zinc	0.5	mg	650, 659

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
650	Danish Food Composition Databank version 7.01, 2009, FoodExplorer
659	ANSES-CIQUAL French Food Composition Table version 2017, FoodExplorer