

**Nutritional information frozen berries**

I'm not robot!

# Nutrition Facts

Serving Size 4 oz. (112g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories 160</b> <small>Calories from Fat 60</small>	
<b>% Daily Value*</b>	
<b>Total Fat</b>	6g <b>9%</b>
Saturated Fat	1.5g <b>8%</b>
Trans Fat	0g
<b>Cholesterol</b>	95mg <b>32%</b>
<b>Sodium</b>	140mg <b>6%</b>
<b>Total Carbohydrate</b>	3g <b>1%</b>
Dietary Fiber	0g <b>0%</b>
Sugars	0g
<b>Protein</b>	21g
Vitamin A	2% • Vitamin C 0%
Calcium	0% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4



# Nutrition Facts

Serving size 1 Pizza (213g)

Amount per serving  
**Calories 650**

% Daily Value*	
<b>Total Fat</b> 34g	<b>44%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 1260mg	<b>55%</b>
<b>Total Carbohydrate</b> 63g	<b>23%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 510mg	40%
Iron 1.9mg	10%
Potassium 340mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Frozen berry mix nutrition facts. Calories in frozen berries mixed. Aldi frozen berries nutritional information. Frozen mixed berries nutritional information. Frozen berries nutritional information.

Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Frozen Berry Slush 1 of 1 Frozen Berry Slush Carnation Breakfast Essentials Food Search 1 to 10 of 1000 Frozen Berries per 100 g - Calories: 50kcal | Fat: 0.46g | Carbs: 12.23g | Prot: 0.81g Other sizes: 1 cup - 76kcal , 1 serving - 38kcal , more... Nutrition Facts - Similar Frozen Mixed Berries (Lidl) Frozen Mixed Berries & Cherries (Lidl) Frozen Mixed Berries (Del Monte) Mixed Grain Bread per 1 slice - Calories: 65kcal | Fat: 0.99g | Carbs: 12.06g | Prot: 2.60g Other sizes: 1 oz - 71kcal , 1 slice of large - 80kcal , 100 g - 251kcal , more... Nutrition Facts - Similar Boysenberries (Heavy Syrup, Canned) per 1 cup - Calories: 225kcal | Fat: 0.31g | Carbs: 57.11g | Prot: 2.53g Other sizes: 100 g - 88kcal , 1 oz - 25kcal , more... Nutrition Facts - Similar Mixed Seeds per 100 g - Calories: 556kcal | Fat: 47.71g | Carbs: 18.28g | Prot: 23.66g Other sizes: 1 cup - 806kcal , 1 serving - 100kcal , 1 oz - 158kcal , more... Nutrition Facts - Similar Raspberries per 100 g - Calories: 52kcal | Fat: 0.65g | Carbs: 11.94g | Prot: 1.2g Other sizes: 1 cup - 64kcal , 1 pint as purchased, yields - 162kcal , 10 raspberries - 10kcal , more... Nutrition Facts - Similar Chocolate Frozen Yoghurt (Nonfat Milk, Sweetened without Sugar) per 1 cup - Calories: 199kcal | Fat: 1.49g | Carbs: 36.64g | Prot: 8.18g Other sizes: 1 oz - 30kcal , 100 g - 107kcal , more... Nutrition Facts - Similar Chocolate Frozen Yoghurts (Soft Serve) per 1/2 cup - Calories: 115kcal | Fat: 4.32g | Carbs: 17.93g | Prot: 2.88g Other sizes: 1 oz - 45kcal , 100 g - 160kcal , more... Nutrition Facts - Similar Frozen berries make the perfect filling for baked goods like pies, muffins, and cobblers. But they aren't just a friend to home bakers. With plenty of fiber and antioxidants, frozen berries are a nutrient-rich, low-calorie addition to many foods, such as oatmeal, yogurt, parfaits, smoothies, and even savory meat dishes. Freezing doesn't significantly diminish berries' nutrition. In fact, berries are harvested for freezing when they're at the peak of freshness, so you can enjoy them all year round. Frozen berry blends may come with various combinations of berries, including strawberries, blueberries, raspberries, blackberries, and cherries. All of these bring significant health benefits. One cup of frozen berries (150g) provides 60 calories, 1g of protein, 15g of carbohydrates, and 0.5g of fat. Frozen berries are an excellent source of vitamin C and fiber. Nutrition information will vary based on the berry mix and brand you choose. The following nutrition information has been provided by the USDA. Calories: 60Fat: 0.5gSodium: 1.5mgCarbohydrates: 15gFiber: 3gSugar: 10gProtein: 1gVitamin C: 66.2mg Like many other fruits, frozen berries contain ample amounts of carbohydrates. One cup provides 15 grams of carbs. Three of these come from fiber. And while around 10 grams of frozen berries' carbs are sugars, these are naturally occurring. However, if you're watching your carbs, you'll want to watch for added sugars in frozen berries. Check the ingredient list on the package. Fruits that contain seeds often have trace amounts of fat, which is why you'll find 0.5 grams of fat in 1 cup of frozen berries. But 0.5 grams is a minimal amount of fat and not likely to make a significant impact on your diet. Berries don't contain much protein, either. One cup only provides 1 gram. Frozen berries are bursting with micronutrients. Most berries you're likely to find in a frozen mix are high in vitamin C, especially strawberries, which provide 120% of the daily value (DV) of this nutrient for men and 130% DV for women, based on a 2,000-calorie diet. Some berry blends include significant amounts of manganese, vitamin K, zinc, folate, and copper. One cup of frozen berries (150g) provides 60 calories, 93% of which come from carbs and 7% from protein, rounding up. Frozen berries are a convenient way to enjoy the benefits of berries year-round. Berries are a healthy source of fiber and natural sugars, with plenty of nutrients like vitamin C, manganese, vitamin K, potassium, and zinc. Not only are frozen berries delicious and convenient, but they also contribute a host of health benefits. Most people on a standard Western diet don't get enough fiber. In fact, only about 5% of the U.S. population meets current fiber recommendations. With almost one-fifth of the daily value of fiber per cup, frozen berries can help close this gap. Increased fiber in the diet can help promote bowel regularity, among other benefits. Note, too, that fiber content may vary from one berry blend to the next. Wild blueberries, for example, are especially high in fiber because of a higher ratio of skin to flesh. In epidemiological and clinical studies, the polyphenols, micronutrients, and fiber in berries have been linked to improved cardiovascular health. Researchers believe these nutrients work together to reduce inflammation, leading to better outcomes for the heart. As berries' antioxidants reduce oxidative stress in the cardiovascular system, they also do so in another, more visible place: the skin. Antioxidants combat the free radicals that can cause wrinkles and premature aging. Toss a handful of frozen berries in your smoothie for an anti-aging boost. While berries do contain carbohydrates, you can still add them to a diabetes-friendly diet. According to a 2019 review in the journal Food and Function, eating cranberries, raspberries, blueberries, and strawberries is linked to improved blood sugar levels post-mealtime in overweight or obese adults with insulin resistance. Another small study from 2015 found that when healthy women ate a serving of berries alongside bread, their bodies needed less insulin to process the meal than when they ate bread alone. As a nutritious, low-calorie dessert, frozen berries certainly make a better choice for weight loss than your average chocolate cake. Plus, eating them may even lead to better dietary choices later in the day. One small study found that when women ate a 65-calorie snack of berries in the late afternoon, they ate less at their next meal than women who had a 65-calorie candy snack. Even for people with dietary restrictions, berries can often stay on the menu. They're compatible with vegan, vegetarian, gluten-free, Paleo, Whole30, sodium-restricted, and many other eating plans. An allergy to frozen berries is considered rare. No berries make the list of the top eight food allergens, which account for 90% of all food allergies. Still, it's possible for an allergy to develop to any food. If you suspect a food allergy, see your physician for diagnosis. Frozen berries' health benefits far outweigh their drawbacks, but these wholesome fruits have some possible adverse effects. Teeth staining may occur from the pigments in their juices, so brush your teeth after eating berries to keep from tainting your pearly whites. Some people are also sensitive to salicylates, a compound found in several berries. If you're salicylate-sensitive, you'll want to steer clear of frozen berries. People who follow a low-fiber or carbohydrate-controlled diet may need to watch their portions of berries. Talk to your doctor if you have questions about the risks versus benefits of berries for these special diets. Typically, frozen berry mixes include a blend of blueberries, raspberries, blackberries, cherries, and/or strawberries. Some may add bananas or other fruits as well. Always note whether a berry blend has added sugar, as this will affect flavor and nutrition. The wonderful thing about frozen berries is that they're consistently available and fresh year-round. Because frozen berries are processed immediately after harvest, you can enjoy their flavor and nutrients any time, even (or especially) during the winter when fresh berries are expensive or unavailable. Store frozen berries in the freezer immediately, and try not to let them sit out at room temperature for long when using them. Once thawed, frozen berries will "bleed" juice, which may cause them to clump into a mass when re-frozen. There's no end to the uses of frozen berries! In general, they work best in recipes that don't require the firm texture of a fresh berry, such as muffins, quick breads, jams, and pies. At breakfast time, toss them into smoothies, parfaits, oatmeal, or breakfast bowls. At dinner, a compote made with frozen berries is an elegant accompaniment to pork, chicken, or beef. Main info: Frozen Mixed Berries Strawberries, Raspberries, Blueberries, Blackberries - Wegmans 1 cup 70 Calories 17.0 g 0.5 g 1.0 g 5.0 g 0 mg 0 g 0 mg 0 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! Strawberry Shortcake Ice Cream What Are Gooseberries? Homemade Raspberry Liqueur Recipe What Are Salmonberries? What Are Aronia Berries? Homemade Fruit Roll-Ups Recipe Blueberry Dump Cake 4-Ingredient Strawberry Shortcake Recipe Blueberry Crumble Strawberry Cookies Blueberry Biscuits Recipe Lemon Blueberry Muffins Bisquick Strawberry Shortcake Recipe Blueberry Lemon Cake Blueberry Grunt Recipe Easy Red Velvet Trifle Recipe Strawberry Shortcake Ice Cream Bar Recipe Strawberry Cheesecake Recipe Strawberry Bread Recipe Quick Strawberry Compote 16 Delicious Berry Desserts for Summer and Beyond Gluten-Free Blueberry Crisp With Spiced Oat Streusel Topping Recipe Raspberry Frozen Yogurt Pops Recipe 10 Tasty Blackberry Cocktails You Won't Want to Miss Strawberry Shortcake French Toast Casserole 22 Tempting Strawberry Cocktails 18 Delicious Strawberry Desserts to Make This Summer Strawberry Whipped Cream Recipe Apple Crisp With Blueberries and Raspberries Super-Easy Balsamic Roasted Strawberry 22 Fun Raspberry Cocktails to Mix Up Blueberry Pizza With Cream Cheese Strawberry Daiquiri Raspberry Tequila Sangria Strawberry Parfait Recipe White Wine Sangria With Summer Fruits Rumtopf German Preserved Fruit in Rum Virgin Sangria - Mocktail Recipe Strawberry Rhubarb Streusel Muffins Sparkling Strawberry Rosé Cocktail Blueberry Cream Cheese Breakfast Braid Mini Blueberry Muffins The Best Party Sangria Strawberry-Lime Sangria Recipe With Mint Berry Breakfast Pizza Lemon Blueberry Quark Cake Recipe Fresh Strawberry Cake and Frosting Strawberry and Cream Sponge Cake Frozen Strawberry Margarita Raspberry Bellini No-Bake Strawberry Icebox Cheesecake Cranberry Moscow Mule Blueberry Tofu Smoothie Raspberry Margarita Classic Scottish Topsy Laird Trifle Strawberry Simple Syrup Classic French Vanilla Soufflé Glazed Fruit Tart Strawberry Marshmallows Red, White, and Blue Strawberries Recipe

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