

# Elderberry Fruit Nutrition Facts

## Nutrition Facts

Serving Size: (100 grams)

### Amount Per Serving

**Calories:** 73

### % Daily Value

<b>Total Fat</b> 1g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 6mg	0%
<b>Total Carbohydrates</b> 18g	6%
Dietary Fiber 7g	~
Sugars 0g	~
<b>Protein</b> 1g	1%

Vitamin A 12%      Vitamin C 60%  
Iron 8%              Calcium 3%

\*Percent Daily Values are based on a 2000 calorie diet.  
Your daily values may be higher or lower depending  
on your calorie needs.

## Comparative Nutrients with Other Fruit

Serving Size: (100 grams)

	Elderberry	Apple	Grape	Banana	Orange
<b>Vitamin C</b>	36 mg	15 mg	3 mg	10 mg	49 mg
<b>Sugars</b>	0 g	12 mg	15.5 mg	20.5 mg	10.5 mg
<b>Calories</b>	73	49	64	88	47
<b>Potassium</b>	280 mg	107 mg	191 mg	358 mg	181 mg
<b>Fiber</b>	7 g	2.5 g	2 g	2.5 g	2 g

## For More Information on Nutritional Data Visit:

[www.nal.usda.gov](http://www.nal.usda.gov)

[www.nutritiondata.com](http://www.nutritiondata.com)

[www.elook.org](http://www.elook.org)

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### % Daily Value

### Vitamins

Vitamin A	600 IU	0%
Retinol	0 mcg	~
Retinoid Activity Equivalent	30 mcg	~
Alpha Carotene	0 mcg	~
Beta Carotene	0 mcg	~
Beta Cryptoxanthin	0 mcg	~
Lycopene	0 mcg	~
Lutein + Zeaxanthin	0 mcg	~
Vitamin C	36 mg	60%
Vitamin E	0 mg	0%
Vitamin K	0 mcg	0%
Thiamin	0.07 mg	4%
Riboflavin	0.06 mg	3%
Niacin	0.5 mg	2%
Vitamin B6	0.23 mg	11%
Vitamin B12	0 mcg	0%
Folate	6 mcg	1%
Food Folate	65.6 mcg	~
Folic Acid	0 mcg	~
Dietary Folate Equivalents	6 mcg	~

### Minerals

Calcium	38 mg	3%
Iron	1.6 mg	8%
Magnesium	5 mg	1%
Phosphorus	39 mg	3%
Potassium	280 mg	11%
Sodium	6 mg	0%
Zinc	0.11 mg	0%
Copper	0.061 mg	3%
Manganese	0 mg	0%
Selenium	0.6 mcg	0%

### Fats

Total Fat	0.5 mg	0%
Saturated Fat	0.023 mg	0%
Monounsaturated Fat	0.08 mg	~
Polyunsaturated Fat	0.247 mg	~