

# Blackberry Jam

## Nutrition Facts

18 servings per container

**Serving size** 1 Tbsp (15g)

**Amount Per Serving**

**Calories** 20

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 5g 2%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 5g Added Sugars 10%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

\* The % Daily Value (DV) 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.

Ingredients: Blackberries, Pure Cane Sugar, Water, Less Than 2% Of: Pectin, Citric Acid

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