



# blueberries

Total Nutrients Score **127**

Rating: Very good

### Caloric Breakdown

Carbohydrates	<b>91%</b>
Proteins	4%
Fats	5%
Alcohol	0%

Blueberries have

### Food Scores

Vitamin Score 56    Protein Score 8  
 Mineral Score 41    Fiber Score 14%  
 Unhealthy Score 32  
 Net Food Score 95

### Financial Cost

At \$6.84 per pound, cost of all displayed nutrients is \$2.78  
 Net nutrition per dollar is 34  
 95% of purchased food is edible.  
 Cost per edible pound is \$7.20

**6.2 ounces provides 100 food calories**  
**84% of this food's weight is water**

### Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	0%
Vitamin C	<b>19%</b>
Vitamin D	
Vitamin E	<b>7%</b>
Vitamin K	<b>11%</b>

### Minerals

Calcium	1%
Copper	<b>5%</b>
Iron	3%
Magnesium	2%
Manganese	<b>24%</b>
Phosphorus	1%
Potassium	3%
Selenium	0%
<b>Sodium</b>	0%
Zinc	2%

### Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

### Carbohydrates 9%

Fiber	<b>14%</b>
<b>Sugars, total</b>	<b>32%</b>

### Fats 1%

<b>Saturated</b>	0%
<b>Trans fats</b>	
<b>Cholesterol</b>	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	4%
Omega-6 fats	2%

### Other Components

Alpha-carotene	0%
Beta-carotene	1%
Betaine	0%
Fluorine	
Lycopene	0%
<b>ORAC</b>	<b>273%</b>
Phytosterols	
Retinol	0%

USDA Food Number 09050    Food Group Code 0900

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