

Blueberry Composition

USDA National Nutrient Database For Standard Reference, Release 19 (2006)

		Blueberry (fresh) 1 c (148 g)	Blueberry (frozen, unsweetened) 1 c (155 g)
Energy	kcal	84	79
Protein	g	1.10	0.65
Fat	g	0.49	0.99
Carbohydrate	g	21.45	18.86
Fiber	g	3.6	4.2
Calcium	mg	9	12
Iron	mg	0.41	0.28
Magnesium	mg	9	8
Phosphorus	mg	18	17
Potassium	mg	114	84
Sodium	mg	1	2
Zinc	mg	0.24	0.11
Copper	mg	0.084	0.051
Manganese	mg	0.497	0.228
Selenium	mcg	0.1	0.2
Vitamin C	mg	14.4	3.9
Thiamin	mg	0.055	0.05
Riboflavin	mg	0.061	0.057
Niacin	mg	0.619	0.806
Panthenoic acid	mg	0.184	0.194
Vitamin B6	mg	0.077	0.091
Folate	mcg	9	11
Vitamin B12	mcg	0	0
Vitamin A	IU	80	71
Vitamin E	mg	0.84	0.74
Vitamin K	mcg	28.6	25.4