

Harvested fresh, quick frozen for superior freshness and flavor.



Blackberries



100% Natural and great for snacking, baking, smoothies and toppings!

Val-Mex, Your Private Label Solution!

- Private Label Production available
- Available in 10 oz, 12 oz, 16 oz, 2 lb, and 5 lb. packs!

Bag Types; pillow and stand up



Nutrition Facts

Serving Size 1 cup (140g)
Serving Per Container 3

Calories 90
Calories from fat 0

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

Amount Per Serving

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat	0%
Monounsaturated Fat	0%
Fat	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 200mg	6%
Total Carbohydrate 22g	6%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 2g	

Vitamins A 6%	• Vitamin C 45%
Calcium 0%	• Iron 0%
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated 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	• Carbohydrate 4 • Protein 4



VAL-MEX
FROZEN FOODS

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