



Bonnie's Jams

85215 - Black & Blue Jam

See package for details



# Nutrition Facts

Servings per Container 16  
Serving size 1tbsp (1G24)

Amount per serving  
**Calories 35**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 8g Added Sugar	<b>16%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>

\* 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.

## \* Benefits

With its lush purple color and sun-ripened blackberries and blueberries in every jar, this combination is bursting with the flavor that takes me back to my childhood home where berries grew in great abundance. I add a touch of sugar and just enough lemon juice to brighten up this luscious blend. Black & Blue makes a perfect add-in to a smoothie and a surprising filling for muffins. This item is a great addition to anyone's pantry for year round entertainment and personal enjoyment

## Ingredients

Berries (Blackberries and blueberries), Cane Sugar and lemon Juice

## Allergens

### Free From:



## Handling Suggestions

Ambient

## Serving Suggestions

Charcuterie, Accoutrement with Specialty cheese and crackers

## Prep & Cooking Suggestions

Open jar, spoon it up and enjoy

## Product Specifications

Brand	Manufacturer	Product Category
Bonnie's Jams	Bonnie Enterprises	Jam, Jelly, Marmalade, & Fruit Spread

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
852182002026	JAM02	85215	40852182002024		6/8.75 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	3.28lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9in	6in	4.75in	0.15ft3	30x8	470days	60°F / 77°F



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### Nutrition Analysis - By Measure

Calories	35	Total Fat	0g	Sodium	0mg
Protein	0	Trans Fats		Calcium	0mg
Total Carbohydrates...	10g	Saturated Fat	0g	Iron	0mg
Sugars	9g	Added Sugars	8g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

