

Cranberries *Vaccinium oxycoccus*

- ❖ Wild growing forest berry.
- ❖ Our berries come from regions in Ukraine and Russia.
- ❖ Flowers bloom in June/July and the berries are ripe in September.
- ❖ Several studies prove that cranberries have strong positive health benefits, like preventing urinary tract infections
- ❖ Most of our purchase consists of organic certified cranberries.
- ❖ We mostly purchase cranberries to produce juice concentrate for our Finnerödja Cranberry organic drinks, www.finnerodja.se, but we also sell cleaned IQF berries.



	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>192</u>
Energy (kcal)	kcal	<u>46</u>
Protein	g	<u>0,4</u>
Fat	g	<u>0,2</u>
Carbohydrate	g	<u>8,9</u>
Fibres	g	<u>3,3</u>
Ash	g	<u>0,2</u>
Water	g	<u>87,0</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>22</u>
Vitamin E	mg	<u>1,60</u>

	Unit	
Water-soluble vitamins		
Riboflavin	mg	<u>0,07</u>
Vitamin C	mg	<u>10</u>
Vitamin B6	mg	<u>0,06</u>
Folate	µg	<u>2</u>
Minerals		
Phosphorus	mg	<u>9</u>
Iron	mg	<u>0,70</u>
Calcium	mg	<u>15</u>
Potassium	mg	<u>80</u>
Magnesium	mg	<u>8</u>
Sodium	mg	<u>1</u>
Zink	mg	<u>0,30</u>

Sources:

<http://linnaeus.nrm.se/flora/di/erica/vacci/vaccoxy.html>

<http://sv.wikipedia.org/wiki/Tranb%C3%A4r>

<http://en.wikipedia.org/wiki/Oxycoccus>

<http://www7.slv.se/Naringsok/Naringsamnen.aspx>

<http://www.immun.se/>