



Pacific Northwest Raspberries and Blackberries

Frozen IQF Information

Product Specifications

- Color**

Red Raspberry - reasonably bright, practically uniform, red to reddish purple color.

Blackberry - reasonably bright, practically uniform, reddish purple to dark purple color.

- Flavor and Aroma**

The frozen IQF flavor and aroma shall be characteristic of the berry types - free from fermentation and any off flavors or odors.

- Packaging** Clean, FDA-approved, food grade containers. Frozen immediately and kept frozen at 0° F to -10° F.

Storage & Handling

Store berries in their unopened or resealed packs at or below 0° F. If berries are to be served individually, thaw them until they are pliable; serve partially frozen. Berries destined for bakery products should be used frozen.

In both instances, promptly return unused frozen berries to the freezer to prevent them from freezing together.

IQF Nutrition Information - (Source: Oregon Raspberry & Blackberry Processors*)

Serving Size: 100 grams	Red Raspberry	Marion Blackberry	Evergreen Blackberry
Calories	44.62	54.72	45.67
Calories From Fat	0.54	0.77	0.63
Fat	0.06 g	0.09 g	0.07 g
Total Carbohydrates	9.71 g	11.99 g	9.72 g
Dietary Fiber	2.60 g	3.10 g	5.62 g
Sugar	5.10 g	5.65 g	5.40 g
Protein	1.31 g	1.50 g	1.54 g
Vitamin A	90 IU	67.75 IU	379 IU
Vitamin C	15.29 mg	1.99 mg	2.33 mg
Calcium	13.00 mg	25.50 mg	19.00 mg
Iron	0.86 mg	0.85 mg	0.44 mg
Sodium	1.50 mg	4.88 mg	4.10 mg

*This table is provided as a guide only for product information.

