

Blueberries

Look: Blueberries are small, round berries that have a purplish, blue skin. Be careful! Blueberries can stain fingers and clothes!

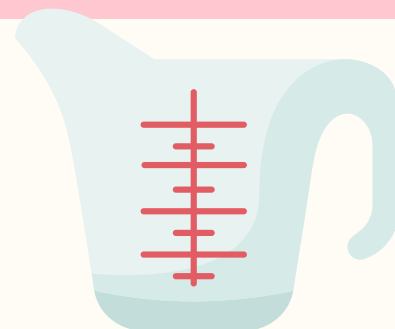
Taste: Blueberries range from mildly sweet to tart and tangy.

Touch: Blueberries feel soft and smooth except at the end where it forms a 5-pointed star!



How many blueberries are in 1 cup?

answer: approx 65-75



Did you know?

Blueberries belong to the Ericaceae family, which includes cranberries and huckleberries. A single blueberry bush can produce as many as 6,000 blueberries per year.



Nutritionals

At just 80 calories per cup, every handful of blueberries is full of fiber, vitamin C, vitamin K, Manganese and Potassium. Blueberries are low in sodium and have very little fat.

Fiber

Vitamin C

Vitamin K

Manganese

Potassium