



Variety and Versatility
Berries At Their BEST
Worlds Best Berries

Products



Blackcurrants

Pack Sizes

10 x 1Kg

6 x 500g

This perennial favourite is increasing in popularity for home and commercial use. Piquant and distinctive flavours and exciting colour. The new varieties are both sweeter and even richer in Vitamin C. Weight for weight, blackcurrants contain 4 times the Vitamin C of oranges. The blackcurrants health benefits have been long known and are now established by scientific research. Excellent in a wide range of recipes from appetiser to dessert, sauces, muffins, pies, and jams.

Nutritional Analysis per 100g frozen Blackcurrants*

Energy 278kJ(67kcal)/100g

Available Carbohydrate 14.5g/100g

Protein 1.4g/100g

Total Available Sugars 14.5g/100g

Total Fat 0.4g/100g

*Source The Concise New Zealand Food Composition Tables 3rd edition

