

Blackberry Nutrition Facts



One cup of blackberries (144g) contains 62 calories, 13.8g of carbohydrates, 7.6g of fiber, 2g of protein, and 0.7g of fat. Blackberries are an excellent source of vitamin C, fiber, and manganese.

- Calories: 62
- Fat: 0.7g
- Sodium: 1mg
- Carbohydrate: 13.8g
- Fiber: 7.6g
- Sugars: 7g
- Protein: 2g
- Vitamin C: 30.2mg
- Folate: 36mcg
- Vitamin E: 1.7mg
- Vitamin K: 28.5mcg

Blackberry Health Benefits

Supports Strong Bones

Blackberries deliver 32% of your daily vitamin K needs, which your body uses to make platelets for normal blood clotting and proteins for healthy bones. The manganese in blackberries is also important for bone development.



Prevents Gum Infections

Research on blackberry extract suggests that it has antibacterial and anti-inflammatory properties that might prevent or treat periodontal infections.



Promotes Brain Health

The anthocyanin in blackberries appears to help slow the progression of Alzheimer's disease by suppressing the compounds that interrupt neural pathways and damage brain cells.



May Lower Cholesterol

Research suggests that the anthocyanins in blackberries can reduce the oxidation of LDL cholesterol, reducing hardening of the arteries and heart disease.