

Table 1 Nutrient composition and content of fresh blueberries

Nutritional composition	Content
Anthocyanin (mg/100 g)	163
Protein	400~700
Fat	500~600
Carbohydrate	12.3~15.3
VA/(IU/100g)	81~100
VE (μg/100g)	2.7~9.5
SOD (IU/100g)	5.39
Ca (μg/g)	220~920
P (μg/g)	98~274
Mg (μg/g)	114~249
Zn (μg/g)	2.1~4.3
Fe (μg/g)	7.6~30.0
Gu (μg/g)	2.0~3.0