



Nutritional Fact Sheet

Apricot

Ingredients: Freeze Dried Apricot

Description & Directions: Unsweetened Apricot Dices are ready to eat. 1 pound of freeze dried apricot replaces 7 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	8g (app. 1/4 cup)
Energy (Calories)	337.58	27.0064
Total Fat	2.74g	0.2192g
Saturated Fat	0.19g	0.0152g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	7.03mg	0.5624mg
Total Carbohydrates	78.21g	6.2568g
Dietary Fiber	16.88g	1.3504g
Sugars	61.19g	4.8952g
Protein	9.85g	0.788g
Vitamin A (IU)	18370	1469.6
Thaimin-B1	0.28mg	0.0224mg
Riboflavin	0.28mg	0.0224mg
Niacin	4.22mg	0.3376mg
Vitamin B-6	0.38mg	0.0304mg
Vitamin C	70.33mg	5.6264mg
Calcium	98.46mg	7.8768mg
Iron	3.8mg	0.304mg
Phosphorus	133.63mg	10.6904mg
Potassium	2081.76mg	166.5408mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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