



Nutritional Fact Sheet

Cherries

Ingredients: Freeze Dried Cherries

Description & Directions: Unsweetened Cherries are ready to eat. 1 pound of freeze dried cherries replaces 8 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	12g (app. 1/4 cup)
Energy (Calories)	369.23	44.3076
Total Fat	0.82g	0.0984g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	147.69mg	17.7228mg
Total Carbohydrates	82.05g	9.846g
Dietary Fiber	9.03g	1.0836g
Sugars	67.28g	8.0736g
Protein	9.11g	1.0932g
Vitamin A (IU)	4414.36	529.7232
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	20.35mg	2.442mg
Calcium	106.67mg	12.8004mg
Iron	4.1mg	0.492mg
Phosphorus	131.28mg	15.7536mg
Potassium	1083.08mg	129.9696mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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