



Nutritional Fact Sheet

Kiwi

Ingredients: Freeze Dried Kiwi

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	7g (app. 1/4 cup)
Energy (Calories)	343.38	24.0366
Total Fat	3.43g	0.2401g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	0mg	0mg
Total Carbohydrates	82.44g	5.7708g
Dietary Fiber	13.74g	0.9618g
Sugars	54.94g	3.8458g
Protein	6.87g	0.4809g
Vitamin A (IU)	343.38	24.0366
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	494.47mg	34.6129mg
Calcium	206.03mg	14.4221mg
Iron	2.47mg	0.1729mg
Phosphorus	0mg	0mg
Potassium	1648.23mg	115.3761mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

www.harmonyhousefoods.com