



Nutritional Fact Sheet

Apple Dices

Ingredients: Freeze-Dried Apple Dices

Description & Directions: Unsweetened Apple Dices are ready to eat. 1 pound of freeze-dried apple replaces 10 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
Calories	342.99 kcal
Protein	0.00 g
Total Carbohydrate	94.32 g
Sugars	68.60 g
Added Sugars	0.00 g
Dietary Fiber	21.44 g
Total Fat	0.00 g
Saturated Fat	0.00 g
Cholesterol	0.00 mg
Thiamin – B1	-- mg
Riboflavin – B2	-- mg
Niacin – B3	-- mg
Vitamin B6	-- mg
Vitamin C	20.58 mg
Vitamin D	0.00 mcg
Calcium	0.00 mg
Iron	1.54 mg
Phosphorus	-- mg
Potassium	728.84 mg
Sodium	0.00 mg
Trans Fat	0.00 g