



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
Calories	369.23 kcal
Protein	9.11 g
Total Carbohydrate	82.05 g
Sugars	67.28 g
Added Sugars	0.00 g
Dietary Fiber	9.03 g
Total Fat	0.82 g
Saturated Fat	-- g
Cholesterol	0.00 mg
Thiamin – B1	-- mg
Riboflavin – B2	-- mg
Niacin – B3	-- mg
Vitamin B6	-- mg
Vitamin C	20.35 mg
Vitamin D	0.00 mcg
Calcium	106.67 mg
Iron	4.10 mg
Phosphorus	131.28 mg
Potassium	1083.08 mg
Sodium	147.69 mg
Trans Fat	0.00 g