



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	8g (app. 1/4 cup)
Energy (Calories)	342.99	27.44
Total Fat	0.00g	0.00g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	0.00mg	0.00mg
Total Carbohydrates	94.32g	7.55g
Dietary Fiber	21.44g	1.72g
Sugars	68.60g	5.49g
Protein	0.00g	0.00g
Vitamin A (IU)	427.73	34.22
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	20.58mg	1.65mg
Calcium	0.00mg	0.00mg
Iron	1.54mg	0.12mg
Phosphorus	0.00mg	0.00mg
Potassium	728.84mg	58.31mg

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