



Nutritional Fact Sheet

Apricot

Ingredients: Freeze Dried Apricot

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	8g (app. 1/4 cup)
Energy (Calories)	337.58	27.01
Total Fat	2.74g	0.22g
Saturated Fat	0.19g	0.02g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	7.03mg	0.56mg
Total Carbohydrates	78.21g	6.26g
Dietary Fiber	16.88g	1.35g
Sugars	61.19g	4.90g
Protein	9.85g	0.79g
Vitamin A (IU)	18370.00	1469.60
Thaimin-B1	0.28mg	0.02mg
Riboflavin	0.28mg	0.02mg
Niacin	4.22mg	0.34mg
Vitamin B-6	0.38mg	0.03mg
Vitamin C	70.33mg	5.63mg
Calcium	98.46mg	7.88mg
Iron	3.80mg	0.30mg
Phosphorus	133.63mg	10.69mg
Potassium	2081.76mg	166.54mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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