



# 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.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>12g (app. 1/4 cup)</b>
Energy (Calories)	369.23	44.31
Total Fat	0.82g	0.10g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	147.69mg	17.72mg
Total Carbohydrates	82.05g	9.85g
Dietary Fiber	9.03g	1.08g
Sugars	67.28g	8.07g
Protein	9.11g	1.09g
Vitamin A (IU)	4414.36	529.72
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	20.35mg	2.44mg
Calcium	106.67mg	12.80mg
Iron	4.10mg	0.49mg
Phosphorus	131.28mg	15.75mg
Potassium	1083.08mg	129.97mg

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