



# Nutritional Fact Sheet

## Strawberries

**Ingredients:** Freeze Dried Strawberries.

**Description & Directions:** Unsweetened Strawberry Slices are ready to eat. 1 pound of freeze dried strawberries 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	3.5g (app. 1/4 cup)
Energy (Calories)	375.12	13.13
Total Fat	1.05g	0.04g
Saturated Fat	0.04g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	14.28mg	0.50mg
Total Carbohydrates	87.31g	3.06g
Dietary Fiber	14.99g	0.52g
Sugars	49.69g	1.74g
Protein	4.11g	0.14g
Vitamin A (IU)	321.30	11.25
Thaimin-B1	0.16mg	0.01mg
Riboflavin	0.26mg	0.01mg
Niacin	3.30mg	0.12mg
Vitamin B-6	0.20mg	0.01mg
Vitamin C	294.17mg	10.30mg
Calcium	114.24mg	4.00mg
Iron	5.36mg	0.19mg
Phosphorus	92.82mg	3.25mg
Potassium	1056.72mg	36.99mg

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