

**Nutrition Facts**

53 servings per container

**Serving size 1 Cup (34g) Dry**  
(about 1 Cup prepared)

Amount per serving

**Calories 130**

**% Daily Value\***

**Total Fat 0g 0%**

Saturated Fat 0g 0%

*Trans Fat 0g*

**Cholesterol 0mg 0%**

**Sodium 260mg 11%**

**Total Carbohydrate 31g 11%**

Dietary Fiber 5g 18%

Total Sugars 28g

Includes 0g Added Sugars 0%

**Protein 1g**

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 0mg 0%

Potassium 296mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Enjoy as a snack right out of the pail or rehydrate to add to your favorite fruit salad, smoothie, trail mix, cereal, yogurt, muffins, desserts and more.

**TO REHYDRATE:**

1. Remove oxygen absorber and discard.
2. Cover apple slices with water and allow to stand for 30 minutes.
3. Stir occasionally.
4. Drain and serve.

One cup of dehydrated apples equals approximately 5 cups of fresh apples.

**INGREDIENTS:** Dehydrated apple slices (apples, sodium sulfite).