

## FREEZE DRIED SLICED STRAWBERRIES

(2 pouches)

Nutrition Facts	
20 servings per container	
Serving size <b>1/4 Cup (4g) Dry</b> (about 1/4 cup prepared)	
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 64mg	2%

\*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.

**INGREDIENTS:** Strawberries.

## FREEZE DRIED SLICED PEACHES

(2 pouches)

Nutrition Facts	
24 servings per container	
Serving size <b>1/4 Cup (6g) Dry</b> (about 1/4 cup prepared)	
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 11mg	0%

\*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.

**INGREDIENTS:** Peaches.

## FREEZE DRIED BANANA SLICES

(2 pouches)

Nutrition Facts	
16 servings per container	
Serving size <b>1/4 Cup (10g) Dry</b> (about 1/4 cup prepared)	
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 133mg	2%

\*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.

**INGREDIENTS:** Bananas.

## FREEZE DRIED APPLE DICES

(2 pouches)

Nutrition Facts	
16 servings per container	
Serving size <b>1/4 Cup (6g) Dry</b> (about 1/4 cup prepared)	
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 46mg	0%

\*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.

**INGREDIENTS:** Apple dices (apple, ascorbic acid, citric acid, calcium chloride).

## FREEZE DRIED WHOLE RASPBERRIES

(2 pouches)

Nutrition Facts	
20 servings per container	
Serving size <b>1/4 Cup (5g) Dry</b> (about 1/4 cup prepared)	
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 8mg	0%

\*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.

**INGREDIENTS:** Raspberries.

## FREEZE DRIED WHOLE BLUEBERRIES

(2 pouches)

Nutrition Facts	
22 servings per container	
Serving size <b>1/4 Cup (7g) Dry</b> (about 1/4 cup prepared)	
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 33mg	0%

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**INGREDIENTS:** Freeze-dried blueberries.

## APPLE DELIGHT

(1 pouch)

Nutrition Facts	
103 servings per container	
Serving size <b>2 Tbsp (25g) Dry</b> (about 1 Cup prepared)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 92mg	100%

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**INGREDIENTS:** Sugar, apple juice flavor, citric acid, sodium citrate, ascorbic acid, xanthan gum, apple flavor (maltodextrin, artificial flavors), caramel color, malic acid.

## DEHYDRATED POTATO DICES

(2 pouches)

Nutrition Facts	
15 servings per container	
Serving size <b>1/3 Cup (10g) Dry</b> (about 1/3 Cup prepared)	
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 254mg	6%

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**INGREDIENTS:** Freeze dried potatoes.

## FREEZE DRIED PEAS

(2 pouches)

Nutrition Facts	
15 servings per container	
Serving size <b>1/3 Cup (13g) Dry</b> (about 1/3 Cup prepared)	
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 124mg	2%

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**INGREDIENTS:** Freeze dried peas.

## FREEZE DRIED CAULIFLOWER

(2 pouches)

Nutrition Facts	
30 servings per container	
Serving size <b>1/4 Cup (2g) Dry</b> (about 1/4 Cup prepared)	
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 72mg	2%

\*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.

**INGREDIENTS:** Freeze dried cauliflower.

## FREEZE-DRIED BROCCOLI

(2 pouches)

Nutrition Facts	
15 servings per container	
Serving size <b>1/3 Cup (4g) Dry</b> (about 1/3 Cup prepared)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 88mg	2%

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**INGREDIENTS:** Freeze dried broccoli.

## FREEZE DRIED SWEET CORN

(2 pouches)

Nutrition Facts	
20 servings per container	
Serving size <b>1/4 Cup (10g) Dry</b> (about 1/4 Cup prepared)	
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 83mg	2%

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**INGREDIENTS:** Freeze dried corn.

## FREEZE-DRIED GREEN BEANS

(2 pouches)

Nutrition Facts	
20 servings per container	
Serving size <b>1/4 Cup (3g) Dry</b> (about 1/4 Cup prepared)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 62mg	2%

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**INGREDIENTS:** Freeze dried green beans.

## DEHYDRATED CHOPPED ONIONS

(2 pouches)

Nutrition Facts	
24 servings per container	
Serving size <b>1 Tsp (3g) Dry</b> (about 1 3/4 Tbsp prepared)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 49mg	2%

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**INGREDIENTS:** Onions.