



Cherry Central, Inc.
 P.O. Box 988
 Traverse City, MI 49683

Ph: (231) 946-1860
 Fax: (231) 941-4167
 www.cherrycentral.com

CANNED RED TART PITTED CHERRIES IN WATER

Nutrition Facts			
Serving Size : 1/2 cup		(122g)	
Servings Per Container			
Amount per Serving			
Calories	45	Calories from Fa	0
% Daily Value*			
Total Fat	0 g	0 %	
Saturated Fat	0 g	0 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	30 mg	1 %	
Total Carbohydrate	9 g	3 %	
Dietary Fiber	less than 1 g	2 %	
Sugars	8 g		
Protein	1 g		
Vitamin A	8 %	Vitamin C	2 %
Calcium	0 %	Iron	4 %
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending pon your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

CONTAINER SIZES

(6/10)-6 lbs 7 oz
 (2.92 kg)

(300) 15 oz
 (425 g)

SERVINGS PER CONTAINER

about 24

about 3.5

INGREDIENTS:

Red Tart Cherries, Water

For assistance or questions :
 Craig Johnson, Director of Technical Services.
cjohnson@cherrycentral.com