



Cherry Central, Inc.
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Dried Cherries, Sweetened

Nutrition Facts			
Serving Size		1/3 cup (44g)	
Servings Per Container			
Amount Per Serving			
Calories	150	Calories from Fat	0
% Daily Value*			
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Potassium	290 mg		8 %
Total Carbohydrate	37 g		12 %
Dietary Fiber	2 g		8 %
Sugars	27 g		
Protein	1 g		
Vitamin A	10 %	• Vitamin C	0 %
Calcium	2 %	• Iron	2 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	• Carbohydrate	4
		• Protein	4

<u>SIZES</u>	<u>SERVINGS PER CONTAINER</u>
1 oz. bag (28.35g)	1
3 oz. pouch (85g)	2
6 oz. bag(170g)	About 4
8 oz. bag (227g)	About 5
14 oz. bag (396g)	9
2 lb. bag (.907 kg)	About 21
4 lb. Box (1.82 kg)	About 42
10 lb. box (4.536 kg)	About 103
25 lb. box (11.34 kg)	About 258
40 lb. box (18.15 kg)	About 422

Cherries, Sugar, Sunflower Oil (Not a significant source of fat)

For assistance or questions
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