



**Super Fruit.  
Super Good!™**

## Nutritional Information

<b>Product</b>	<b>Infused Dried Cherry</b>
<b>GPC</b>	<b>01196-M</b>
<b>Ingredients</b>	<b>Cherries, Sugar, Sunflower oil</b>

<b>Analyses</b>	<b>Nutrients per 100 gram*</b>
Calories (Cal)	345.20
Calories from fat (Cal)	13.00
Total fat (g)	1.45
Saturated fat (g)	0.16
Trans fat (g)	<0.10
Polyunsaturated fat (g)	0.51
Monounsaturated fat (g)	0.71
Cholesterol (mg)	<1.00
Sodium (mg)	14.00
Potassium (mg)	489.00
Total carbohydrates (g)	82.10
Dietary fiber (g)	3.68
Soluble fiber (g)	2.07
Insoluble fiber (g)	1.62
Sugars (g)	69.65
Sugars include added sugars (g) <sup>a</sup>	25.95
Protein (g)	2.56
Vitamin D (µg)	<1.00
Vitamin A (IU)	1430.00
Vitamin C (mg)	<1.00
Calcium (mg)	47.30
Iron (mg)	0.70
% Ash	1.09
% Moisture	12.81

Calories are calculated excluding insoluble fiber CFR 21 Part 101.9c1iC

\*Proximate analysis of a typical sample

<sup>a</sup> Estimated from differences in sugars between infused dried cherries and uninfused (no sugar infusion) dried cherries

<b>Date Issued</b>	<b>Supersedes</b>
09/20/2016	07/08/2014