



## Infused Dried Cherries

Boldly tart. Deeply red. On-trend. Nutritional powerhouse.

See, taste, and experience the Graceland Fruit infused dried cherry difference

- Michigan-grown Montmorency cherries
- Naturally deep red color
- Bold tart flavor
- Moist chewy texture
- Outstanding piece integrity
- Superfruit nutrition
- Exceptional flowability

For complete Documentation & Specifications, to Request Samples, or to discuss Custom Solutions, link to our website below:

Documentation & Specs

Request Samples

Talk to Our Experts



Graceland Fruit, Inc. is a leading producer and global distributor of premium quality dried fruit ingredients for the food industry. Our exceptional product and service performance make it easy for innovative food manufacturers and providers to create delicious, on-trend products that surprise and delight their consumers.



Graceland Fruit infused dried cherries start with fresh, high-quality, Michigan-grown Montmorency cherries harvested at peak season and flash frozen to preserve their integrity, nutrition, vibrant color, and authentic flavor. Boldly tart and deeply hued, these tasty gems wake up the palate, add distinctive color and texture, and deliver superfruit nutrition.

Nutrients in dried fruit are more concentrated than fresh fruit, allowing a smaller amount of dried to provide similar benefits to a larger quantity of fresh. The nutrient value of ¼ cup dried tart cherries is equivalent to 1 cup fresh pitted cherries and are:

- Rich in vitamin A
- A good source of copper
- Naturally fat free
- Cholesterol free
- Sodium free

Montmorency cherries owe their tart taste and deep red color to an abundance of naturally occurring anthocyanins and anthocyanidins. Their broad array of flavonoids, phenols, and bioactive compounds provide antioxidant and anti-inflammatory benefits. In addition, tart cherries are one of the few food sources of natural melatonin, the sleep hormone that helps regulate the circadian sleep-wake rhythm.

This delicious superfruit is a nutritional powerhouse that has been studied more than any other cherry variety. More than 60 original research and review articles on the health benefits of Montmorency cherries have been published in peer-reviewed medical and nutrition journals and more are underway\*. While research is on-going, initial findings suggest tart Montmorency cherries may:

- Reduce inflammation associated with arthritis and gout
- Contribute to heart health
- Help regulate natural sleep patterns, increasing sleep quality, duration, and efficiency
- Aid in post-exercise muscle recovery
- Support digestive health
- Improve insulin sensitivity and glucose response among type 2 diabetics
- Prevent memory loss and improve cognitive function

As the centerpiece or as an accent, our signature infused dried cherries contribute to the nutritional profile of a wide variety of commercial food applications. They deliver delight with the all-natural health cues, rich flavor, and distinctive texture sought by today's consumer.

\* Learn more about the superfruit nutrition of tart cherries at [Montmorency US Tart Cherries, The Trend of Tart, Montmorency Cherries: Our Nutrition Story, A Review of the Health Benefits of Cherries, Nutrition Value, USDA National Nutrient Database for Standard Reference](#)