

## Liberty Orchards Fruitbread

**INGREDIENTS:** sugar, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), apples, dried apricots\*, dried pears\*, walnuts, butter (pasteurized cream, salt), eggs, hazelnuts, dried cranberries, dried cherries, cinnamon, modified food starch, baking powder, baking soda, salt, lemon peel, potassium sorbate, sodium benzoate, citric acid, sodium citrate, high fructose corn syrup, lemon juice concentrate, sunflower oil, sodium benzoate and potassium sorbate (preservatives).

### ALLERGEN INFO:

*Contains milk. Manufactured on equipment used for processing peanuts, tree nuts, seeds, and soy.*

*\*dried apricots and pears contains sulfur dioxide, a preservative.*

### Nutrition Facts

Serving Size: 1 slice (113g)  
Servings Per Container: about 4

#### Amount Per Serving

**Calories** 400    Calories from Fat 120

% Daily Value\*

**Total Fat** 13g                    **20%**

Saturated Fat 4g                **20%**

Trans Fat 0g

**Cholesterol** 60mg            **20%**

**Sodium** 190mg                **8%**

**Total Carbohydrate** 64g    **21%**

Dietary Fiber 6g                **24%**

Sugars 45g

**Protein** 6g

Vitamin A 2% • Vitamin C 20%

Calcium 2% • Iron 10%

\* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Kourabia Shortbread

**INGREDIENTS:** enriched flour (wheat flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), butter (pasteurized cream, salt), sugar, almonds, eggs, almond extract.

### ALLERGEN INFORMATION:

*Contains milk.*

*Manufactured on equipment used for processing peanuts, tree nuts, seeds, and soy.*

### Nutrition Facts

Serving Size: 2 cookies (28g)  
Servings Per Container: 3

#### Amount Per Serving

**Calories** 170    Calories from Fat 90

% Daily Value\*

**Total Fat** 10g                    **15%**

Saturated Fat 8g                **30%**

Trans Fat 0g

**Cholesterol** 25mg            **8%**

**Sodium** 70mg                 **3%**

**Total Carbohydrate** 17g    **6%**

Dietary Fiber <1g              **0%**

Sugars 7g

**Protein** 2g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 6%

\* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

