

Pacific Northwest Fruit & Nut Crate

INGREDIENTS: prunes (preserved with potassium sorbate), almonds, hazelnuts... apples, apricots, peaches, pears, bing cherries (preserved with sulphur dioxide).

Dates contain pits. Prunes, apricots, and cherries are machine pitted, and may contain an occasional pit or pit fragment. Manufactured on equipment used for processing peanuts, tree nuts, dairy, soy, and wheat.

SL4641 - H1611

Liberty Orchards Co., Inc • Cashmere, WA 98815

Nutrition Facts

Serving Size: ~ 1/4 cup. (40g)

Servings Per Container: approx. 18

Amount Per Serving

Calories 140 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fats 0g **3%**

Trans Fats 0g

Sodium 5mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 3g

Vitamin A 8% • Vitamin C 2% • Iron 6%
Calcium 4% • Not a significant source of Cholesterol.

*Percent Daily Values are based on a 2,000 calorie diet.