

# Dehydrated Apple Slices

## Nutrition Facts

20 servings per container

**Serving size** 1/2 Cup (17g) Dry  
(about 1/2 Cup prepared)

Amount per serving

**Calories** **60**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **6%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 2g **7%**

Total Sugars 14g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 0mg **0%**

Potassium 148mg **4%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### TO REHYDRATE OR USE IN RECIPES:

1. Remove oxygen absorber and discard.
2. Cover Dehydrated Apple Slices with hot water.
3. Let stand 30 minutes, stirring occasionally.
4. Drain excess water.

**INGREDIENTS:** Dehydrated apple slices (apples, sodium sulfite).

70602-082318