

DRIED APRICOT

- Apricots contain iron that may help improve blood health.
- Dried Apricots are rich in vital nutrients. They are replete with potassium, fiber, and several other nutrients.
- It's also a great source of many antioxidants, including beta carotene and vitamins A, C, and E.



NUTRITION FACTS

Amount Per 100 grams	
Calories 241	
	% Daily Values
Total Fat 0.5 g	0%
Saturated Fat 0g	0%
Polyunsaturated fat 0.1g	
Monounsaturated fat 0.1g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 1,162mg	33%
Total Carbohydrate 63g	21%
Dietary Fiber 7g	28%
Sugars 53g	
Protein 3.4g	6%
Vitamin A 73%	Vitamin C 1%
Calcium 5%	Iron 15%
Vitamin D 0%	Vitamins B-6 5%
Cobalamin 0%	Magnesium 8%

PACKING DETAILS

Weight	250g 500g
Units/ Case	50 25
Shelf-life	12 Months

