



18  
SERVINGS



SHELF LIFE  
UP TO 25 YEARS

Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

# Freeze-Dried Whole Blackberries

Nutrition Facts	
Serving Size: 1/2 Cup (15g) Dry	
Servings Per Container: 18	
Amount Per Serving	
<b>Calories 50</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
<b>Dietary Fiber 5g</b>	<b>20%</b>
<b>Sugars 8g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 35%</b>
<b>Calcium 4%</b>	<b>Iron 4%</b>
*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
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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### DIRECTIONS:

To rehydrate:

1. Remove oxygen absorber and discard.
2. Combine 1/2 Cup fruit with 1 Cup warm water.
3. Soak for 5 minutes then drain excessive water.

**INGREDIENTS:** Freeze-dried blackberry.

Contains oxygen absorber.  
Discard immediately upon opening.