



17
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 Seedless Red Grapes

Nutrition Facts	
Serving Size: 1/2 Cup (30g) Dry	
Servings Per Container: 17	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 24g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%

*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:

1. Remove oxygen absorber and discard.
2. Eat as a snack; add to cereals, granola, or yogurt.

INGREDIENTS: Freeze-dried red seedless grapes.

Contains oxygen absorber.
Discard immediately upon opening.