



26
SERVINGS



SHELF LIFE UP TO
30 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored
in a cool dry place at
temperatures between 55° and
70° F (ideal humidity 15%).

*Shelf life estimates are based
on industry studies from
sources deemed reputable.
Since Augason Farms has no
control over individual storage
practices, they must disclaim
any liability or warranty for
particular results.*

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Whole Blueberries

Nutrition Facts

Serving Size: 1/2 Cup (13g dry)
Servings Per Container: 26

Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 11g	
Protein 0g	
Vitamin A 2%	Vitamin C 4%
Calcium 0%	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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 Carbs 4 Protein 4

DIRECTIONS:

Yield: 1/2 cup whole blueberries.

1. Mix 1/2 cup blueberries to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Use as a snack, in desserts, cereals, or fruit
smoothies, etc.

INGREDIENTS: Freeze dried blueberries.

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