



32
SERVINGS



SHELF LIFE UP TO
25 YEARS

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

Dehydrated Apple Slices

Nutrition Facts

Serving Size: 1/2 Cup (17g dry)
Servings Per Container: 32

Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
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:

To rehydrate:

1. Cover apple slices with hot water and allow to stand for 30 minutes.
2. Stir occasionally.

For cooked apples to be used as pie filling:

1. Bring to a boil.
2. Cool before using.

May be eaten as a snack or added to granola.

1 cup of dried apples = 5 cups of fresh apples.

INGREDIENTS: Dehydrated apple slices, sulfites.

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