

# dried tart cherries

- These Michigan, Montmorency cherries are chewy, sweet (sugar added) nuggets of cherry essence.
- Use them as you would raisins in any baked good; mix them with melted white chocolate to make a sublime sweet!

# dried tart cherries

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## Nutrition Facts

Serving Size 1/4 cup (40g)  
Servings Per Container about 6

### Amount Per Serving

**Calories** 130      **Calories from Fat** 5

**% Daily Value\***

**Total Fat** 0.5g      **1%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 31g      **10%**

**Dietary Fiber** 2g      **8%**

**Sugars** 28g

**Protein** 2g

**Vitamin A** 15%      • **Vitamin C** 0%

**Calcium** 8%      • **Iron** 2%

\*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** RED TART PITTED CHERRIES, SUGAR, SUNFLOWER OIL.

Processed in a facility that also packages products containing eggs, milk, soy, tree nuts, and wheat.

Store cool and dry for one year.

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