



# Quality Food Storage from Augason Farms

rev 6/2012

## Freeze Dried Fruit Variety Pack Pail

### Sliced Strawberries

40 Servings  
NET WT 5.6 oz (160 g)



### Sliced Peaches

52 Servings  
NET WT 10.1 oz (286 g)



### Whole Raspberries

40 Servings  
NET WT 7.1 oz (200 g)



### Whole Blueberries

44 Servings  
NET WT 10.9 oz (309 g)



### Sliced Bananas

40 Servings  
NET WT 11.3 oz (320 g)



### Diced Apples

40 Servings  
NET WT 7.1 oz (200 g)



### Apple Delight Drink Mix

16 Servings  
NET WT 14.1 oz (400 g)



#### Nutrition Facts

Serving Size: (4g)  
Servings Per Container: About 40

Amount Per Serving			
<b>Calories</b> 15	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 3g			1%
Dietary Fiber 0g			0%
Sugars 2g			
<b>Protein</b> 0g			
Vitamin A 0%	Vitamin C 30%		
Calcium 0%	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
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

INGREDIENTS: Strawberries

#### Nutrition Facts

Serving Size: (5.5g)  
Servings Per Container: About 52

Amount Per Serving			
<b>Calories</b> 25	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 5g			2%
Dietary Fiber less than 1g			3%
Sugars 4g			
<b>Protein</b> 0g			
Vitamin A 4%	Vitamin C 80%		
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

INGREDIENTS: Peaches

#### Nutrition Facts

Serving Size: (5g)  
Servings Per Container: About 40

Amount Per Serving			
<b>Calories</b> 20	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 4g			1%
Dietary Fiber 1g			4%
Sugars 2g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 10%		
Calcium 0%	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
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

INGREDIENTS: Raspberries

#### Nutrition Facts

Serving Size: (7g)  
Servings Per Container: About 44

Amount Per Serving			
<b>Calories</b> 30	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 6g			2%
Dietary Fiber 1g			5%
Sugars 6g			
<b>Protein</b> 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

INGREDIENTS: Blueberries

#### Nutrition Facts

Serving Size: (8g)  
Servings Per Container: About 40

Amount Per Serving			
<b>Calories</b> 30	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 6g			2%
Dietary Fiber less than 1g			2%
Sugars 2g			
<b>Protein</b> 0g			
Vitamin A 0%	Vitamin C 0%		
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

INGREDIENTS: Bananas

#### Nutrition Facts

Serving Size: (5g)  
Servings Per Container: About 40

Amount Per Serving			
<b>Calories</b> 20	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 4g			1%
Dietary Fiber 0g			0%
Sugars 0g			
<b>Protein</b> 0g			
Vitamin A 0%	Vitamin C 0%		
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

INGREDIENTS: Apples

#### Nutrition Facts

Serving Size: 2 Tbsp (25g)  
Servings Per Container: 16

Amount Per Serving			
<b>Calories</b> 100	Calories from Fat 0		
		% Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 0mg			0%
<b>Total Carbohydrate</b> 24g			8%
Dietary Fiber 0g			0%
Sugars 24g			
<b>Protein</b> 0g			
Vitamin A 0%	Vitamin C 150%		
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

INGREDIENTS: Sugar, apple juice powder (maltodextrin, natural flavors [apple juice solids and natural flavors], caramel color, sodium benzoate), citric acid, sodium citrate BB, xanthan gum, ascorbic acid, artificial apple flavor (maltodextrin, artificial flavors), malic acid, caramel color