

Freeze-Dried Strawberries

Prepare

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 3/4 cup of cool water in a bowl.
- 3 Add 1/4 cup of strawberries to cool water.
- 4 Let sit 5-10 minutes until tender.
- 5 Or snack on them without reconstituting.

Nutrition Facts

8 Servings Per Container

Serving Size

1/4 Cup (5g)

Amount per Serving

Calories

25

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 0mg 0%

Potassium 81mg 2%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

V2.5

INGREDIENTS: strawberries.



NET WT. 1.41 oz (40g)

Makes 8 Servings

Distributed by 4Patriots, LLC
2920 Berry Hill Dr., Suite 300
Nashville, TN 37204
(800) 304-4202 | 4Patriots.com