

Apricots

Ingredients: Organic Apricots (Product of Turkey).

Nutrition Facts: Serving Size: 1.4oz (40g); Calories 120; Fat Cal. 0; Total Fat 0g 0%; Sat. Fat 0g 0%; Trans Fat 0g; Cholesterol 0mg 0%; Sodium 10mg 0%; Total Carb. 29g 10%; Dietary Fiber 4g 16%; Sugars 15g; Protein 1g; Vitamin A 2%; Vitamin C 2%; Calcium 4%; Iron 6%;

Mango

Ingredients: Dehydrated Mango (Product of Thailand).

Nutrition Facts: Serving Size: 1oz (28g); Calories 120; Fat Cal. 0; Total Fat 0g 0%; Sat. Fat 0g 0%; Trans Fat 0g; Cholesterol 0mg 0%; Sodium 5mg 0%; Total Carb. 28g 9%; Dietary Fiber 7g 21%; Sugars 12g; Protein 1g; Vitamin A 4%; Vitamin C 30%; Calcium 0%; Iron 2%;

Ginger

Ingredients: Ginger, Sugar, Sulphur Dioxide (a preservative).

Nutrition Facts: Serving Size: 1.4oz (41g); Calories 150; Fat Cal. 0; Total Fat 0g 0%; Sat. Fat 0g 0%; Trans Fat 0g; Cholesterol 0mg 0%; Sodium 25mg 1%; Total Carb. 37g 12%; Dietary Fiber 2%; Sugars 33g; Protein 0g; Vitamin A 0%; Vitamin C 4%; Calcium 4%; Iron 2%;