



January 9- Dried Apricots

Smart Snack

Link: No link

Recipe

Dried apricots are a simple low-calorie snack!

Yield 1 serving (1/3 cup per serving)

Nutrition Facts

Serving Size 1 serving (43.33g)
Servings Per Container 1

Amount Per Serving

Calories 120 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **13%**

Sugars 23g

Protein 1g **3%**

Vitamin A 30% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.