



## Jayda's Canned sliced apples



**Calories**

Per 1 cup  
**210**

Per can  
**350**

**Total Fat**

8g 10%

13g 17%

**Saturated Fat**

3g 15%

5g 25%

**Trans Fat**

0g

0.5g

**Cholesterol**

10mg 3%

20mg 7%

**Sodium**

750mg 33%

1260mg 56%

**Total Carb.**

28g 10%

48g 17%

**Dietary Fiber**

1g 4%

2g 7%

**Total Sugars**

5g

8g

**Incl Added Sugars**

3g 6%

5g 10%

**Protein**

6g

10g

**Vitamin D**

0mcg 0%

0mcg 0%

**Calcium**

0mg 0%

30mg 2%

**Iron**

1.3mg 8%

2.3mg 15%