

# DRIED FRUIT IRON CONTENT

Per 1/2 Cup Serving (Approximate)

<b>DRIED FRUIT</b>	<b>IRON (MG)</b>
Dried Peaches	<b>3.4 mg</b>
Dried Apricots	<b>3.0 mg</b>
Prunes (Dried Plums)	<b>2.3 mg</b>
Raisins (Seedless)	<b>2.1 mg</b>
Dried Figs	<b>1.5 mg</b>
Currants	<b>1.4 mg</b>
Dried Dates	<b>1.1 mg</b>

Note: Daily values may vary based on specific brand and processing methods.