

USDA United States Department of Agriculture Food and Nutrition Service



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions** 

(last updated, 02-27-13)

Visit us at <u>www.fns.usda.gov/fdd</u>

## 100212 - FRUIT, CANNED, MIXED, EXTRA LIGHT SYRUP

## Nutrition Information CATEGORY Vegetables/Fruits • Fruit, mixed, extra light syrup, fruit and juice PRODUCT • U.S. Grade B or better. Canned mixed fruit, diced peaches, diced pears, and DESCRIPTION whole seedless grapes, are packed in extra light syrup or juice. 1/4 CUD 1/2 CUD (126 g) (63 g) PACK/YIELD 6/#10 cans per case. Each can contains about 106 oz ( $12\frac{1}{8}$ cups) mixed fruit Calories 30 60 and juice. Protein 0 g 0 g One #10 can AP yields about $62.0 \text{ oz} (8\frac{1}{2} \text{ cups})$ drained mixed fruit and Carbohydrate 8.5 g 17 g provides about 34.0 <sup>1</sup>/<sub>4</sub>-cup servings drained mixed fruit OR about 48.6 <sup>1</sup>/<sub>4</sub>-cup **Dietary Fiber** 0 g 0 g servings mixed fruit and juice. Sugars 11 g 5.5 g CN Crediting: <sup>1</sup>/<sub>4</sub> cup mixed fruit and juice OR <sup>1</sup>/<sub>4</sub> cup drained mixed fruit Total Fat 0 g 0 g • provides <sup>1</sup>/<sub>4</sub> cup fruit. Saturated Fat 0 g 0 g Trans Fat 0 g 0 g STORAGE Store unopened canned mixed fruit in a cool, dry place. Never store canned • Cholesterol 0 mg 0 mg goods in a damp storage area or any place exposed to high or low Iron 0 mg 0 mg temperature extremes. Calcium 0 mg 0 mg Sodium 5 mg 10 mg Store opened canned mixed fruit covered and labeled in a dated nonmetallic • 0 mg container under refrigeration. Magnesium 0 mg Potassium 150 mg 75 mg Use First-In-First-Out (FIFO) storage practices to ensure use of older • Vitamin A 6 IU 12 IU product first. Vitamin A 124 RAE 248 RAE Vitamin C .40 mg .80 mg Vitamin E 0 mg 0 mg



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| PREPARATION/<br>COOKING<br>INSTRUCTIONS | <ul> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Mixed fruit can be used right from the can, chilled, or at room temperature.</li> </ul>   |
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| USES AND TIPS                           | <ul> <li>Serve canned mixed fruit chilled or use in recipes for breads, cakes, or desserts.</li> <li>Serve mixed fruit, chilled with syrup or chilled and drained, as part of fruit salad or with cottage cheese.</li> <li>Combine with other fresh, canned, or frozen fruit for fruit cup or compotes.</li> <li>Add mixed fruit to gelatin.</li> <li>Use as directed in recipes specifying mixed fruit or fruit cocktail.</li> </ul> |
| FOOD SAFETY<br>INFORMATION              | <ul> <li>NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> <li>Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li> </ul>   |
| BEST IF USED<br>BY GUIDANCE             | <ul> <li>For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <u>http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</u>.</li> </ul>  |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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