



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-31-2014)

Visit us at www.fns.usda.gov/fdd

100261 - APRICOTS, FROZEN, SLICED, SINGLE SERVE, 4.5 OZ UNITS

CATEGORY	<ul style="list-style-type: none"> Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Sliced apricots packed in individual serving cups. Sliced U.S. Grade A apricots, packed in syrup at a ratio of 5+1 fruit to sugar, resulting in average Brix measurement of 60 degrees. Ascorbic and citric acid may be added.
PACK/YIELD	<ul style="list-style-type: none"> 96/4.5 oz units per case. Each unit contains 4.5 oz sliced apricots and juice. One 4.5 oz unit AP provides ½ cup thawed diced apricots and juice. CN Crediting: One 4.5 oz unit sliced apricots and provides ½ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen apricot cups in freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration. Do not refreeze apricot cups once thawed. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Apricots, frozen, sweetened



	1 serving of 4.5 oz fruit cup (127.57g)
Calories	110
Protein	1 g
Carbohydrate	25 g
Dietary Fiber	2 g
Sugars	23 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	.36 mg
Calcium	0 mg
Sodium	2.5 mg
Potassium	280 mg
Vitamin A	1200 IU
Vitamin C	153 mg



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PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Thaw unopened cups of apricots overnight in the refrigerator, spacing containers on shelves for good air circulation.
USES AND TIPS	<ul style="list-style-type: none"> Apricot cups are ready to thaw and serve as a fruit or as a snack.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Do not refreeze apricots.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please see our policy memo at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

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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