



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-30-14)

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

100253 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30 LB

CATEGORY	<ul style="list-style-type: none"> Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A (except U.S. Grade B character), medium sized, whole strawberries, individually quick frozen (IQF). Each individual berry is frozen separately so that a scoop can be used to take out exactly what is needed from the container.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve, whole strawberries and provides about 357 ¼-cup servings thawed fruit. One lb AP yields 1 lb (about 2⅞ cups) thawed, ready-to-serve, whole strawberries and provides about 11.9 ¼-cup servings thawed fruit. CN Crediting: ½ cup thawed, whole strawberries provides ½ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened thawed strawberries covered and labeled in dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.

Nutrition Information

Strawberries, whole, thawed, unsweetened

	¼ cup (55 g)	½ cup (110 g)
Calories	19	39
Protein	0.24 g	0.48 g
Carbohydrate	5.04 g	10.09 g
Dietary Fiber	1.2 g	2.3 g
Sugars	2.52 g	5.04 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.41 mg	0.83 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	6 mg	12 mg
Potassium	82 mg	164 mg
Vitamin A	25 IU	50 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	22.8 mg	45.5 mg
Vitamin E	0.16 mg	0.32 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-30-14)

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

100253 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30 LB

USES AND TIPS	<ul style="list-style-type: none"> • Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals. Use in recipes for salads, glazes, and baked items, such as breakfast grains. • Use as topping for yogurt, pudding, pancakes and French toast.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Do not refreeze strawberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.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.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."