



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-23-12)

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100296 – FRUIT AND NUT MIX, DEHYDRATED, 5 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B dried fruit and nuts consisting of equal parts dried cranberries, dried dates, dried figs, dried plum pieces, walnut pieces, almonds, or dried cherries. This product may contain pit fragments.
PACK/YIELD	<ul style="list-style-type: none"> 5/5 lb bags per case. One 5 lb bag AP yields about 13 1/3 cups dehydrated fruit and nut mix and provides about 53.3 1/4-cup servings dehydrated fruit and nut mix. One lb AP yields about 2 2/3 cups dehydrated fruit and nut mix and provides about 10.7 1/4-cup servings dehydrated fruit and nut mix. CN Crediting: 1/4 cup fruit and nut mix provides 1/2 cup fruit and provides 1 oz meat alternate.
STORAGE	<ul style="list-style-type: none"> If package is opened, refrigerate and use within 6 months. Unopened packages will keep 6 months in a dry place at temperatures under 65 °F. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Dried fruit and nut mix may be served right from the package.

Fruit and nut mix

	1/4 cup (43 g)	1/2 cup (86 g)
Calories	140	280
Protein	2.0 g	4.0 g
Carbohydrate	25 g	50 g
Dietary Fiber	3 g	6 g
Sugars	20 g	40 g
Total Fat	4.5 g	9.0 g
Saturated Fat	0.2 g	0 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	.72 mg	1.4 mg
Calcium	40 mg	80 mg
Sodium	0 mg	0 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	500 IU	1000 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0 mg



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USES AND TIPS	<ul style="list-style-type: none"> • Serve, as is, as a meal-time fruit choice. • Repackage to take as a snack on a field trip. • Serve as a delicious, nutritious topping for ice cream or yogurt or cereal.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or mold before use.
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.

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