



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

(last updated, 06-20-13)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

**100216 – APRICOTS, CANNED, DICED, EXTRA LIGHT SYRUP, PEELED**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B diced and peeled canned apricots are packed in unsweetened fruit juice, extra light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>Each can contains about 106 oz (11¾ cups) diced apricots and juice and provides about 47.1 ¼-cup servings diced apricots and juice.</li> <li>CN Crediting: ¼ cup apricots and juice OR ¼ cup drained diced apricots provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned diced apricots in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Apricots, diced, peeled, in extra light syrup

	¼ cup (63 g)	½ cup (126 g)
Calories	31	62
Protein	0.38 g	0.76 g
Carbohydrate	7.88 g	15.75 g
Dietary Fiber	1 g	2 g
Sugars	6.88 g	13.75 g
Total Fat	0.07 g	0.13 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.38 mg
Calcium	6.5 mg	13 mg
Sodium	1.5 mg	3 mg
Magnesium	4 mg	8 mg
Potassium	88 mg	176 mg
Vitamin A	800.5 IU	1601 IU
Vitamin A	40.5 RAE	81 RAE
Vitamin C	2.5 mg	5 mg
Vitamin E	0.38 mg	0.76 mg



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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <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>• Diced apricots can be used right from the can, chilled or at room temperature</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Use canned apricots in salads, as a dessert, chilled with juice, or baked as cobblers and crisps.</li> <li>• Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes.</li> <li>• Serve drained and heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying apricots.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <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>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</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.