

USDA Foods Product Information Sheet

For Child Nutrition Programs



100299 — Cherries, Dried

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B or better red, tart dried cherries that may contain added sweeteners. This product is available in cases containing four 4-pound bags.

CREDITING/YIELD

- One case of dried cherries yields about 189 ¼-cup servings.
- CN Crediting: ¼ cup dried cherries credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Dried cherries can be served plain or added to hot or cold cereals, baked items, granola, or trail mix.
- Dried cherries are also a nice addition to salads and can be included as an offering on the salad bar.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/4 cup (40 g) dried cherries

Amount Per Serving

Calories 133

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 32g

Dietary Fiber 1g

Sugars 27g

Protein 1g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.