



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 09-09-13)

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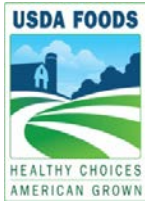
100243 – BLUEBERRIES, FROZEN, WILD, IQF, 30 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better blueberries, unsweetened. Native type (wild), individually quick frozen (IQF).
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve fruit. One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve fruit. CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened frozen blueberries covered and labeled in a 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.

Blueberries, wild, frozen, unsweetened

	¼ cup (39 g)	½ cup (78 g)
Calories	17	34
Protein	0.28 g	0.55 g
Carbohydrate	4.06 g	8.11 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.43 mg	0.86 mg
Calcium	6 mg	12 mg
Sodium	0 mg	1 mg
Magnesium	2 mg	4 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	64 IU	127 IU
Vitamin C	0.8 mg	1.7 mg
Vitamin E	0.19 mg	0.37 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Thawed blueberries can be used right from the case.
USES AND TIPS	<ul style="list-style-type: none"> • Drain thawed blueberries before serving. • Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits. • To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice. • To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once. • Serve thawed blueberries in fruit cups, salads, hot or cold cereals. • Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze blueberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.