



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

(last updated,08-05-13)

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

**100244 – BLUEBERRIES, FROZEN, CULTIVATED, IQF, 30 LB**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blueberries, unsweetened. Cultivated type, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>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 blueberries.</li> <li>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 blueberries.</li> <li>CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Blueberries, frozen, unsweetened

	¼ cup (39 g)	½ cup (78 g)
Calories	20	40
Protein	0.16 g	0.33 g
Carbohydrate	4.75 g	9.40 g
Dietary Fiber	1.1 g	2.2 g
Sugars	3.30 g	6.60 g
Total Fat	0.25 g	0.50 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.07 mg	0.14 mg
Calcium	3 mg	6 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	18 IU	36 IU
Vitamin C	1.0 mg	1.9 mg
Vitamin E	0.19 mg	0.37 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thawed blueberries can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Drain frozen blueberries before serving.</li> <li>• Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.</li> <li>• To lighten the color of blueberries and blueberry juice (to make it appear redder) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once.</li> <li>• Serve thawed blueberries in fruit cups, salads, hot or cold cereals.</li> <li>• Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Do not refreeze blueberries.</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>
<b>BEST IF USED BY GUIDANCE</b>	<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.