



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-22-12)

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100250 – RASPBERRIES, RED, FROZEN, PUREE, 5.75 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Raspberry puree is produced from ripened raspberries with a tart flavor, free from fermentation and any off flavors or odors. The consistency is thick and smooth. The raspberry color is bright red to reddish purple. The pH range is 2.9-3.7.
PACK/YIELD	<ul style="list-style-type: none"> 6/5.75 lb pkgs per case. One 5.75 lb pkg AP yields about 11 cups thawed raspberry puree and provides about 44.2 ¼-cup servings thawed fruit puree. One lb AP yields about 1⅞ cups thawed raspberry puree and provides about 7.69 ¼-cup servings thawed fruit puree. CN Crediting: ¼ cup thawed raspberry puree provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen red raspberry puree at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store thawed red raspberry puree 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.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw raspberry puree at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator. Thaw raspberry puree in the refrigerator and use within 5 days.

Nutrition Information

Raspberries, red, puree

	¼ cup (61 g)	½ cup (121 g)
Calories	24	48
Protein	0.66 g	1.32 g
Carbohydrate	5 g	10 g
Dietary Fiber	2.0 g	4.0 g
Sugars	3.0 g	6.0 g
Total Fat	0.04 g	0.07 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.6 mg	1.3 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	41 IU	82 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	2.6 mg	5.2 mg
Vitamin E	0 mg	0 mg



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USES AND TIPS	<ul style="list-style-type: none"> • Use as a recipe ingredient for bakery products served at breakfast or lunch. May be used in fruit roll-ups or bars, cobblers, pastry fillings, gelatin salads, and desserts • Use as a flavoring for yogurt, fruit drinks, pudding, syrup for pancakes and French toast, cream cheese spread, dessert toppings and sauces, and salad dressings.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • 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. • Do not refreeze raspberry puree.
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 this 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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