

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100209 — Apricots, Halves, Extra Light Syrup

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade B apricot halves that can be peeled or unpeeled. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This item is available in cases with six #10 cans.

### CREDITING/YIELD

- Each case contains about 88 ½ cup servings of drained apricot halves.
- CN Crediting: ½ cup apricot halves credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Serve apricot halves chilled and drained as a side dish or dessert.
- Try serving apricot halves over cottage cheese or with plain or vanilla yogurt.
- 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: 1/2 cup (124 g) apricots, peeled, extra light syrup

#### Amount Per Serving

**Calories** 61

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 2mg

**Total Carbohydrate** 15g

Dietary Fiber 2g

Sugars 11g

**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.