

USDA Foods Product Information Sheet

For Child Nutrition Programs



100216— Apricots, Diced, Extra Light Syrup

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced apricots. 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 144 ½ cup servings of diced apricots.
- CN Crediting: ½ cup diced apricots credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve diced apricots chilled and drained as part of a fruit salad or mixed fruit cup.
- Use diced apricots as a topping for green salads, to make into a glaze for meats, or baked into fruit cobblers or crisps.
- 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 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 11g

Protein 0g

Source: USDA Foods Vendor Label

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.