

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100235— Cherries, Tart, Frozen

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade B or better red tart cherries packed in a light syrup. This product is delivered frozen in a 30-pound plastic container.

### CREDITING/YIELD

- One 30 pound container yields about 105 ½-cup servings of thawed, drained cherries.
- CN Crediting: ½ cup cherries credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Cook cherries into a compote and use as a topping for whole grain pancakes, waffles, or meat items, such as chicken.
- Use cherries in whole grain muffins and breads.
- 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 (122 g) cherries, red tart sweetened, frozen

#### Amount Per Serving

**Calories 140**

**Total Fat 0g**

Saturated Fat 0g

Trans Fat 0g

**Cholesterol 0mg**

**Sodium 20mg**

**Total Carbohydrate 32g**

Dietary Fiber 1g

Sugars 26g

**Protein 0g**

Source: USDA Foods Vendor Labels

**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.