

USDA Foods Product Information Sheet

For Child Nutrition Programs



100237— Cherries, Tart, Individually Quick Frozen (IQF)

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B or better red tart cherries without added sugar. This product has been individually quick frozen and is available in a 40-pound plastic container.

CREDITING/YIELD

- One 40 pound container yields about 140 ½-cup servings of thawed, drained cherries.
- CN Crediting: ½ cup cherries credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Cook tart cherries into a compote and use as a topping for whole grain pancakes, waffles, or meat items, such as chicken.
- Use tart 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 (78 g) cherries, unsweetened, frozen

Amount Per Serving

Calories 36

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 9g

Dietary Fiber 1g

Sugars 7g

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.