

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100253— Strawberries, Whole, IQF

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade A whole strawberries that are unsweetened and individually quick frozen (IQF). This product is delivered frozen in a 30-pound case.

### CREDITING/YIELD

- One case of strawberries provides about 179 1/2-cup servings of fruit.
- CN Crediting: 1/2 cup of strawberries credits as 1/2 cup fruit.

### CULINARY TIPS AND RECIPES

- Use frozen strawberries in smoothies or chop and use in salads, or parfaits.
- Cook the strawberries into a compote that can be used as a topping for hot cereal, whole grain pancakes, waffles, or 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 (111 g) unsweetened strawberries

#### Amount Per Serving

**Calories** 39

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 2mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Sugars 5g

**Protein** 0g

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.