

USDA Foods Product Information Sheet

For Child Nutrition Programs



100259 — Apricots, Sliced, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A frozen apricots. This product is sliced and packed in a light syrup. This item is shipped frozen in 20-pound cases.

CREDITING/YIELD

- One case of frozen apricots yields about 71 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup thawed apricots credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve thawed apricots plain or combine with other fruits as part of a chilled fruit salad.
- Heat apricots to make a fruit topping for 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 (127 g) apricots, frozen sliced

Amount Per Serving

Calories 110

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 25g

Dietary Fiber 2g

Sugars 23g

Protein 1g

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.