

USDA Foods Product Information Sheet

For Child Nutrition Programs



110623— Blueberries, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B or better frozen blueberries. This product is the whole, highbush variety and is unsweetened. The item is delivered frozen in cases with twelve 2.5 pound packages.

CREDITING/YIELD

- One case of blueberries provides about 179 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup blueberries credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve thawed blueberries in fruit salads, yogurt or cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- Drain thawed blueberries before serving.
- Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [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) blueberries, frozen, unsweetened

Amount Per Serving

Calories 40

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 9g

Dietary Fiber 2g

Sugars 7g

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.

January 2016