

A288 – CRANBERRY SAUCE, CANNED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Canned cranberry sauce is a strained jellied or semi-jellied product prepared from clean, sound, mature cranberries with an added sweetener such as high fructose corn syrup/corn sweetener and water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. One #10 can AP yields about 117.0 oz (12 cups) cranberry sauce and provides about 47.9 ¼-cup servings cranberry sauce. CN Crediting: ¼ cup cranberry sauce provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened cans of cranberry sauce in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes. Store opened canned cranberry sauce covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Cranberry sauce can be used right from the can, chilled, or at room temperature.



Nutrition Information

Cranberry sauce, strained, sweetened

	¼ cup (69 g)	½ cup (139 g)
Calories	105	209
Protein	0.14 g	0.28 g
Carbohydrate	26.94 g	53.88 g
Dietary Fiber	0.7 g	1.4 g
Sugars	26.25 g	52.49 g
Total Fat	0.1 g	0.21 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.15 mg	0.3 mg
Calcium	3 mg	6 mg
Sodium	20 mg	40 mg
Magnesium	2 mg	4 mg
Potassium	18 mg	36 mg
Vitamin A	1 IU	3 IU
Vitamin A	29 RAE	58 RAE
Vitamin C	1.4 mg	2.8 mg
Vitamin E	0.57 mg	1.15 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none"> • Cranberry sauce can be used directly from the can as a meat accompaniment, particularly poultry. • Cranberry sauce can also be used in sauce recipes, such as barbeque sauce, or in fruit desserts or salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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