

A306 – CRANBERRIES, WHOLE, FROZEN, 40 LB



Nutrition Information

Cranberries, unsweetened

	¼ cup (24 g)	½ cup (48 g)
Calories	11	22
Protein	0.09 g	0.19 g
Carbohydrate	2.90 g	5.79 g
Dietary Fiber	1.1 g	2.2 g
Sugars	0.96 g	1.92 g
Total Fat	0.03 g	0.06 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	0.06 mg	0.12 mg
Calcium	2 mg	4 mg
Sodium	0 mg	1 mg
Magnesium	1 mg	3 mg
Potassium	20 mg	40 mg
Vitamin A	14 IU	28 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	3.2 mg	6.3 mg
Vitamin E	0.28 mg	0.57 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better frozen, whole cranberries.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb bag per case. One 40 lb case AP yields about 156.0 cups ready-to-cook or -serve thawed, drained cranberries and provides about 624.0 ¼-cup servings thawed, drained fruit. One lb AP yields 1 lb (about 3¾ cups) ready-to-cook or -serve thawed, drained cranberries and provides about 15.6 ¼-cup servings thawed, drained fruit. CN Crediting: ¼ cup thawed cranberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen cranberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened frozen cranberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Remove any bruised or blemished cranberries and rinse with cold water before using. It is not necessary to thaw frozen cranberries before cooking. Use in recipes calling for frozen cranberries.



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none"> • Frozen cranberries can be used in baked goods such as cakes, muffins, and breads. • Whole frozen cranberries can also be added to fruit salads or made into cranberry sauce. • Cranberries are excellent served with chicken, turkey, and pork.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze cranberries.
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.