

**A309 - BLUEBERRIES, DEHYDRATED, WHOLE, 10 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Dried blueberries with added sweetener (sucrose, corn syrup and/or fructose) to prevent clumping.</li> <li>Dried blueberries are low in sodium and are a great source of fiber. They contain no cholesterol and are low in fat.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>10 lb bag.</li> <li>One 10 lb bag AP yields about 30 cups ready-to-serve dehydrated blueberries and provides about 124.0 ¼-cup servings dehydrated fruit.</li> <li>One lb AP yields 1 lb (about 3 cups) ready-to-serve dehydrated blueberries and provides about 12.4 ¼-cup servings dehydrated fruit.</li> <li>CN Crediting: ¼ cup dehydrated blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened dried blueberries in a cool, dry place, off the floor. Temperature changes shorten shelf life and speed deterioration.</li> <li>After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag.</li> <li>Use rehydrated berries immediately.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Blueberries, dehydrated, sweetened

	¼ cup (33 g)	½ cup (66 g)
Calories	114	228
Protein	0.32 g	0.64 g
Carbohydrate	28.26 g	56.52 g
Dietary Fiber	3.76 g	7.52 g
Sugars	19.27 g	38.54 g
Total Fat	0.05 g	0.10 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.14 mg	0.28 mg
Calcium	4 mg	9 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	12 mg	24 mg
Vitamin A	19 IU	38 IU
Vitamin A	N/A	N/A
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• TO REHYDRATE: Soak blueberries in water until plump, (approximately 2-3 hours or overnight), then incorporate into recipe. Substitute 1 cup rehydrated blueberries for 1 cup fresh blueberries.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Used dried blueberries in trail mix, yogurt, or cereal.</li> <li>• Reconstitute and serve in sauces, toppings, or fruit dishes.</li> <li>• Bake in breads, muffins, or bagels.</li> <li>• Use in recipes for baked items that use dried or rehydrated berries as an ingredient. Dried blueberries are best suited for thick, heavier batters. Do not over-stir, as this may cause the berries to break, resulting in blue batter.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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