

A310 - BLUEBERRIES, DEHYDRATED, WHOLE, 25 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Dried blueberries with added sweetener (sucrose, corn syrup and/or fructose) to prevent clumping. Dried blueberries are low in sodium and are a great source of fiber. They contain no cholesterol and are low in fat.
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 75 cups ready-to-serve dehydrated blueberries and provides about 310.0 ¼-cup servings ready-to-serve dehydrated fruit. One lb AP yields 1 lb (about 3 cups) ready-to-serve dried blueberries and provides about 12.4 ¼-cup servings ready-to-serve dehydrated fruit. CN Crediting: ¼ cup dehydrated blueberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened dried blueberries in a cool, dry place, off the floor. Temperature changes shorten shelf life and speed deterioration. After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag. Use rehydrated berries immediately. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



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	3.8 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

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A310 - BLUEBERRIES, DEHYDRATED, WHOLE, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • 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.
USES AND TIPS	<ul style="list-style-type: none"> • Used dried blueberries in trail mix, yogurt, or cereal. • Reconstitute and serve in sauces, toppings, or fruit dishes. • Bake in breads, muffins, or bagels. • 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.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or molds before use.
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.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."