

**A366 – BLUEBERRIES, FROZEN, WILD, IQF, 30 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blueberries, unsweetened. Native type (wild), individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve fruit.</li> <li>One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve fruit.</li> <li>CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen blueberries 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.</li> <li>Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Blueberries, wild, frozen, unsweetened

	¼ cup (39 g)	½ cup (78 g)
Calories	17	34
Protein	0.28 g	0.55 g
Carbohydrate	4.06 g	8.11 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.43 mg	0.86 mg
Calcium	6 mg	12 mg
Sodium	0 mg	1 mg
Magnesium	2 mg	4 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	64 IU	127 IU
Vitamin C	0.8 mg	1.7 mg
Vitamin E	0.19 mg	0.37 mg



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

(last updated, 04-26-07)

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thawed blueberries can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Drain thawed blueberries before serving.</li> <li>• Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.</li> <li>• To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once.</li> <li>• Serve thawed blueberries in fruit cups, salads, hot or cold cereals.</li> <li>• Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Do not refreeze blueberries.</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>