

A431 – PEARS, CANNED, BARTLETT, HALVES, #10



Nutrition Information

Pears, halves, light syrup, fruit and juice

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better. Bartlett canned pears; natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 105 oz (13 cups) pear halves and juice. One #10 can AP yields about 62 oz (7¾ cups) drained pear halves and provides about 31.0 ¼-cup servings drained pear halves OR about 52.0 ¼-cup servings of fruit and juice. CN Crediting: ¼ cup fruit and juice (about one pear half and juice) provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pear halves 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 pear halves 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. Pear halves can be used right from the can, chilled, or at room temperature.

	¼ cup 1 half (76 g)	½ cup 2 halves (152 g)
Calories	43	87
Protein	0.14 g	0.29 g
Carbohydrate	11.53 g	23.06 g
Dietary Fiber	1.2 g	2 g
Sugars	9.2 g	18.39 g
Total Fat	0.02 g	0.05 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.43 mg
Calcium	4 mg	8 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	5 mg
Potassium	50 mg	863 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.06 mg	0.1 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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USES AND TIPS	<ul style="list-style-type: none"> • Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert. • Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.
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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