

**A447 – APRICOTS, FROZEN, SLICED, 40 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 A apricots, frozen, sliced, and packed in syrup at a ratio of 5+1 fruit to sugar. Ascorbic and citric acid may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>40 lb case containing a vacuum sealed plastic bag.</li> <li>One 40 lb case AP yields about 48¼ cups thawed, drained, sliced apricots and provides about 192.8 ¼-cup servings thawed, drained, sliced apricots OR about 285.2 ¼-cup servings thawed, fruit and juice.</li> <li>One lb AP yields 0.63 lb (about 1⅛ cups) ready to serve, thawed, drained, sliced apricots and provides about 4.91 ¼-cup servings thawed, drained sliced apricots OR about 7.26 ¼-cup servings thawed fruit and juice.</li> <li>CN Crediting: ¼ cup thawed, sliced apricots with juice OR ¼ cup thawed, drained, sliced apricots provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen apricots in freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air.</li> <li>Temperature changes shorten shelf life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>To ensure that the frozen apricots do not turn brown, thaw in the plastic vacuum-sealed bags. Serve some, if not all, of the juice on and around the apricots.</li> </ul>



**Nutrition Information**

Apricots, frozen, sweetened

	¼ cup (61 g)	½ cup (121 g)
Calories	59	119
Protein	0.42 g	0.85 g
Carbohydrate	15.19 g	30.37 g
Dietary Fiber	1.3 g	2.7 g
Sugars	N/A	N/A
Total Fat	0.06 g	0.12 g
Saturated Fat	0.0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.54 mg	1.09 mg
Calcium	6 mg	12 mg
Sodium	2 mg	5 mg
Magnesium	5 mg	11 mg
Potassium	139 mg	277 mg
Vitamin A	1016 IU	2033 IU
Vitamin A	51 RAE	102 RAE
Vitamin C	5.4 mg	10.9 mg
Vitamin E	N/A	N/A



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

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<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes.</li> <li>• Serve drained and heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying apricots.</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 apricots.</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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