

A463 – PLUMS, CANNED, PURPLE, #10



Nutrition Information

Plums, pitted, light syrup pack, solids and liquids

	¼ cup (63 g)	½ cup (126 g)
Calories	40	79
Protein	0.23 g	0.47 g
Carbohydrate	10.26 g	20.51 g
Dietary Fiber	0.6 g	1.1 g
Sugars	9.67 g	19.34 g
Total Fat	0.06 g	0.13 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.54 mg	1.08 mg
Calcium	6 mg	11 mg
Sodium	13 mg	25 mg
Magnesium	3 mg	6 mg
Potassium	59 mg	117 mg
Vitamin A	146 IU	291 IU
Vitamin A	8 RAE	15 RAE
Vitamin C	0.3 mg	0.5 mg
Vitamin E	0.11 mg	0.23 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better purple plums, whole (unpeeled, unpitted), whole (unpeeled, pitted) or halves (unpeeled, pitted) in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can of plum halves contains about 105 oz (12$\frac{1}{8}$ cups) plum halves and juice. Each can of whole, unpeeled plums with pits contains about 106 oz (12 cups) whole plums and juice. One #10 can AP plum halves, unpeeled, no pits yields about 54.4 oz (6$\frac{1}{8}$ cups) drained plum halves and provides about 24.7 ¼-cup servings drained plum halves OR about 49.2 ¼-cup servings of fruit and juice. One #10 can AP whole, unpeeled, plums with pit yields about 58.2 oz (6$\frac{7}{8}$ cups) drained whole plums with pits and provides about 27.8 ¼-cup servings drained whole plums with pits OR about 48.5 ¼-cup servings of fruit and juice. There are approximately 95 whole plums per #10 can. CN Crediting: ¼ cup plums and juice OR ¼ cup drained plums provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned purple plums in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned plums 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.



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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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. • Plums can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> • Serve chilled purple plums in syrup or juice or drained; add to fruit cups or compotes. Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor. • Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls. • Serve purple plums drained and heated or at room temperature as an accompaniment to meat dishes.
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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