

**A490 – PLUMS, DEHYDRATED, PITTED, 25 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 whole, pitted, dried plums. Size ranges from small to large (40 to 85 plums/lb).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 66¼ cups dried plums without pits and provides about 265.0 ¼-cup servings of dried plums (about 6 medium) OR about 367.5 ¼-cup servings of cooked fruit and juice.</li> <li>One lb AP yields 1 lb (about 2⅔ cups) dried plums without pits and provides about 10.6 ¼-cup servings of dried plums (about 6 medium) OR about 14.7 ¼-cup servings of cooked fruit and juice.</li> <li>CN Crediting: ¼ cup dried plums (about 6 medium) or ¼ cup cooked plums and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dried pitted plums in the original shipping containers off the floor in a cool, dry place. Refrigerated storage at 35 to 40 °F is preferred, although temperatures up to 70 °F are satisfactory.</li> <li>After opening dried plums, carefully fold down the poly bag liner, turn carton upside down to seal, and store in the refrigerator.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Plums, dried (prunes) pitted, uncooked

	¼ cup (44 g)	½ cup (87 g)
Calories	104	209
Protein	0.95 g	1.90 g
Carbohydrate	27.79 g	55.58 g
Dietary Fiber	3.1 g	6.2 g
Sugars	16.6 g	33.17 g
Total Fat	0.17 g	0.33 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.81 mg
Calcium	19 mg	37 mg
Sodium	1 mg	2 mg
Magnesium	18 mg	36 mg
Potassium	318 mg	637 mg
Vitamin A	340 IU	679 IU
Vitamin A	17 RAE	34 RAE
Vitamin C	0.3 mg	0.5 mg
Vitamin E	0.19 mg	0.37 mg



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

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• TO PLUMP: Soften dried plums by combining them with equal amounts (2½ cups per pound) of hot or cold water or fruit juice. Cover and refrigerate at least 24 hours. After plumping, plums may be chopped and mixed in a bowl by hand or with a mixer at medium speed for 1 to 2 minutes. For easier chopping, use an oiled knife or blade.</li><li>• TO COOK: Bring equal amounts of plums and water to a boil. Cover, reduce heat and simmer 7-10 minutes or pour on enough boiling water to cover plums; cover and refrigerate at least 24 hours.</li><li>• Make dried, pitted plums easier to chop by mixing in 1 Tbsp of salad oil per pound before chopping.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve dried pitted plums as is, in cereals, salads, baked items, or as a garnish (hot or cold) for main dishes. Add chopped dried plums to quick breads, muffins, cookies, cakes, and stuffing to help retain moisture and add flavor. Fold in sliced dried plums to enhance vegetable dishes.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Visually inspect for presence of foreign substances, insects, or molds before use.</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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