

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A257 – WALNUTS, SHELLED, 30 LB



Nutrition Information

Walnuts, English

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. commercial grade or better shelled English or Persian walnuts, in small pieces.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb bag. One 30 lb bag AP yields about 112½ cups walnut pieces and provides about 480.0 1-oz servings walnuts. One lb AP yields about 3¾ cups walnut pieces and provides 16.0 1-oz servings walnuts. CN Crediting: 1 oz walnuts provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA’s Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store walnuts off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). If ideal storage conditions are not available, store walnuts under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	1 oz (28 g)	¼ c (30 g)
Calories	185	196
Protein	4.32 g	4.57 g
Carbohydrate	3.89 g	4.11 g
Dietary Fiber	1.9 g	2.0 g
Sugars	0.74 g	0.78 g
Total Fat	18.49 g	19.56 g
Saturated Fat	1.74 g	1.84 g
<i>Trans</i> Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.82 mg	0.87 mg
Calcium	28 mg	29 mg
Sodium	1 mg	1 mg
Magnesium	45 mg	47 mg
Potassium	125 mg	132 mg
Vitamin A	6 IU	6 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.4 mg	0.4 mg
Vitamin E	0.20 mg	0.21 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Walnuts may be used as is or toasted. TO TOAST: Spread walnuts evenly in a shallow pan and bake at 350 °F, stirring several times, for 12 to 15 minutes or until golden brown. Cool.
USES AND TIPS	<ul style="list-style-type: none"> Use walnuts in salads, fillings, spreads, quick breads, other baked items, casseroles, and desserts. Also use walnuts in recipes calling for peanuts or a bread crumb topping. Mix walnuts with sliced fruits or sprinkle them on cottage cheese. Add chopped walnuts to sandwich fillings such as egg, ham, chicken, or tuna salad. Add to cake batter and sprinkle on frosting. Sprinkle on puddings, ice cream, or cobblers. Toasting keeps walnuts crisp and crunchy when used in moist mixtures such as sauces, puddings, or gelatin salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
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.