



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-12-14)

Visit us at www.fns.usda.gov/fdd

100259 – APRICOTS, FROZEN, SLICED, 20 LB

Nutrition Information

| | |
|--|---|
| CATEGORY | <ul style="list-style-type: none"> Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> 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. |
| PACK/YIELD | <ul style="list-style-type: none"> 20 lb case containing a vacuum sealed plastic bag. One 20 lb case AP yields about 24¹/₈ cups thawed, drained, sliced apricots and provides about 96.4 ¼-cup servings thawed, drained, sliced apricots OR about 142.6 ¼-cup servings thawed, fruit and juice. CN Crediting: ¼ cup thawed, sliced apricots with juice OR ¼ cup thawed, drained, sliced apricots provides ¼ cup fruit. |
| STORAGE | <ul style="list-style-type: none"> Store unopened frozen apricots at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |
| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw the product at 40 ° F. Promptly return any unused product to the refrigerator. 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. |

Apricots, frozen, sweetened

| | ¼ cup (61 g) | ½ cup (121 g) |
|---------------|-----------------|------------------|
| Calories | 60 | 120 |
| Protein | 0.43 g | 0.86 g |
| Carbohydrate | 15.31 g | 30.62 g |
| Dietary Fiber | 1.3 g | 2.7 g |
| Sugars | 0 g | 0 g |
| 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 | 0.55 mg | 1.10 mg |
| Calcium | 6 mg | 12 mg |
| Sodium | 2 mg | 5 mg |
| Magnesium | 5 mg | 11 mg |
| Potassium | 140 mg | 280 mg |
| Vitamin A | 1025 IU | 2050 IU |
| Vitamin A | 51 RAE | 102 RAE |
| Vitamin C | 5.5 mg | 11 mg |
| Vitamin E | 0 mg | 0 mg |



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| USES AND TIPS | <ul style="list-style-type: none"> • 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. • Use as directed in recipes specifying apricots. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none"> • Do not refreeze apricots. • Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf. |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.