

USDA Foods Product Information Sheet

For Child Nutrition Programs



100212— Mixed Fruit, Extra Light Syrup, Canned

Category: **Fruit**



PRODUCT DESCRIPTION

This item consists of U.S. Grade B peaches, pears, and grapes in the following proportions: 40-60% diced peaches, 20-45% diced pears, and 15-25% whole seedless grapes. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 102 ½ -cup servings of drained mixed fruit.
- CN Crediting: ½ cup mixed fruit credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve mixed fruit chilled or combine with other fresh, canned, or frozen fruit to make colorful fruit cups.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (126 g) mixed fruit, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 15g

Dietary Fiber 1g

Sugars 12g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.