

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100228 — Cherries, Tart, Unsweetened, Canned

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade B tart red pitted cherries, packed in water. This item is available in cases containing six #10 cans.

### CREDITING/YIELD

- One case yields about 109 ½-cup servings of drained cherries.
- CN Crediting: ½ cup cherries credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Tart cherries can be used to make glazes, sauces, or syrups to top a variety of items such as meat dishes, pancakes, waffles, or yogurt.
- Use tart cherries in baked goods such as whole grain breads, muffins, or cobblers.
- To find culinary techniques and many 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 (122 g) tart cherries, canned, water pack

#### Amount Per Serving

**Calories** 45

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 30mg

**Total Carbohydrate** 9g

Dietary Fiber 0g

Sugars 8g

**Protein** 1g

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.