

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100243— Blueberries, Wild, Frozen

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade B or better frozen blueberries. This product is the native (wild) variety and is unsweetened. This product is delivered frozen in 30-pound cases.

### CREDITING/YIELD

- One case of wild blueberries provides about 225 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup thawed blueberries credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Drain thawed blueberries before serving.
- Add wild blueberries in frozen form to smoothies, muffins, or pancake batters.
- Serve frozen wild blueberries in fruit salads, yogurt or cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage temperatures and 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 (70 g) blueberries, wild frozen, unsweetened

#### Amount Per Serving

**Calories** 40

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 2mg

**Total Carbohydrate** 10g

Dietary Fiber 3g

Sugars 5g

**Protein** 0g

Source: [USDA National Nutrient Database](#)

**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.