

USDA Foods Product Information Sheet

For Child Nutrition Programs



100282— Pears, Bartlett, Fresh

Category: **Fruit**



PRODUCT DESCRIPTION

This product is U.S. Grade 2 or better fresh Bartlett pears in size 90-165. These can be in a tray pack or wrapped pack with variable counts depending on product size. This item is available in 45 pound cases.

CREDITING/YIELD

- One case yields about 178 ½-cup servings of raw, sliced pears.
- CN Crediting: ½ cup fresh pears credit as ½ cup fruit. Please see the food buying guide for more information about how whole pears credit in the meal pattern according to size.

CULINARY TIPS AND RECIPES

- Serve fresh pears whole, sliced in salads, dice and cook as a fruit chutney for meat, or bake with cinnamon for a healthy dessert.
- 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 (70g) Bartlett pears

Amount Per Serving

Calories 44

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 11g

Dietary Fiber 2g

Sugars 7g

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.