



USDA Foods in Schools

100216 - Apricots, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B canned diced apricots packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 144 1/2-cup servings of diced apricots.
- CN Crediting: 1/2 cup diced apricots credits as 1/2 cup fruit.

Culinary Tips and Recipes

- Serve diced apricots chilled and drained as part of a fruit salad or mixed fruit cup.
- Use diced apricots as a topping for salad, as a glaze for meat, mixed into chicken salad, or baked into fruit cobblers or crisps.
- 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 and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) apricots, peeled, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 11g

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, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database 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.