

# APRICOTS-USDA FOODS (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apricots, Canned, Light Syrup,	4 #10 cans + 3 1/4 cups

**DIRECTIONS**

- Chill cans of apricots in the refrigerator overnight.
- Open the cans of apricots. Do not drain liquid.
- Portion ½ cup with a #8 scoop or a 4 ounce spoodle into individual serving dishes.  
 ALTERNATE INSTRUCTIONS: Apples and liquid can be poured into serving line pans for service of ½ cup on the service line.  
 CCP: Hold product under refrigeration (41 degrees F or lower) until ready for service.
- Portion ½ cup of apricots per serving. Each portion provides ½ cup fruit.  
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DoD) products when available.  
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used (such as fresh or frozen).  
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.  
 "Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

**NUTRIENTS PER SERVING**

Calories	81	Dietary Fiber	2.05 g	Sodium	5.00 mg	Sat. Fat	0.00 g
Carbohydrates	21.18 g	Protein	0.68 g	Total Fat	0.06 g	Trans Fat	0.00 g