

# APRICOTS (FROZEN)



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, Frozen, Sliced, 4.5 ounce	100 cup(s) , (1/2 cup container)

**DIRECTIONS**

1. Thaw individual containers of apricots in refrigerator.
2. Portion ½ cup of apricots per serving. Each portion provides ½ cup fruit. Do not refreeze apricots that have been thawed.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Use USDA Foods 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 canned).  
 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	110	Dietary Fiber	2.00 g	Sodium	5.00 mg	Sat. Fat	0.00 g
Carbohydrates	25.00 g	Protein	1.00 g	Total Fat	0.00 g	Trans Fat	0.00 g