

110860 - Strawberries, Sliced, IQF  
Category: Fruits**Product Description**

- This item is U.S. Grade A sliced strawberries that are unsweetened and individually quick frozen (IQF). The slice size is approximately 3/8 to 1/2 inch. This product is delivered frozen in a case containing six 5-pound packages.

**Crediting/Yield**

- One case of strawberries provides about 109 1/2-cup servings of fruit.
- CN Crediting: 1/2 cup of strawberries credits as ½ cup fruit.

**Culinary Tips and Recipes**

- Use frozen strawberries in smoothies, salads, or parfaits.
- Cook the strawberries into a compote that can be used as a topping for hot cereal, whole grain pancakes, waffles, or yogurt.
- 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](#).

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**Nutrition Facts**

Serving size: 1/2 cup (111 g) unsweetened sliced strawberries

**Amount Per Serving**

**Calories** 39

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 2mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Sugars 5g

**Protein** 0g

Source: [USDA FoodData Central](#)

**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 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.