



100261– Apricots, Diced, Cups, Frozen

Category: **Fruit****Product Description**

- This item is U.S. Grade B (Grade A for defects) diced apricots packed in a light syrup. This product is delivered frozen in cases containing 96 4.5-ounce cups.

Crediting/Yield

- One case of apricot cups provides 96 ½-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of apricots credits as ½ cup fruit.

Culinary Tips and Recipes

- Apricot cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or snack.
- Individually portioned fruit cups are a convenient option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find 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 (128g) diced apricots

Amount Per Serving

Calories 125

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 32g

Dietary Fiber 2g

Sugars 27g

Protein 1g

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.