



100236 - Cherries, Tart, Frozen (IQF)

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

- This item is U.S. Grade B or better red tart cherries without added sugar. This product is individually quick frozen so a bag can be used in smaller portions and resealed. This product is available in a case containing twelve 2.5-pound bags.

Crediting/Yield

- One case yields about 105 ½-cup servings of thawed, drained cherries.
- CN Crediting: ½ cup of cherries credits as ½ cup fruit.

Culinary Tips and Recipes

- Use tart cherries to make a compote to use as a topping for whole grain pancakes, waffles, or meat items, such as a chicken fillet.
- Use tart cherries in whole grain muffins or breakfast breads.
- 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 (78g) cherries, unsweetened, frozen

Amount Per Serving

Calories 36

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 9g

Dietary Fiber 1g

Sugars 7g

Protein 1g

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, 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.