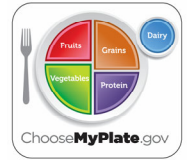




## USDA Foods in Schools

### 100224 - Pears, Sliced, Extra Light Syrup, Canned Category: **Fruit**



#### Product Description

- This item is U.S. Grade B canned sliced pears packed in extra light syrup or juice. This product is available in cases containing six #10 cans.

#### Crediting/Yield

- One case yields about 89 1/2-cup servings drained, sliced pears.
- CN Crediting: 1/2 cup sliced pears credit as 1/2 cup fruit.

#### Culinary Tips and Recipes

- Serve sliced pears as a topping for salads or whole grain pancakes.
- Chill and serve as a fruit option at breakfast, lunch, or snack.
- 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

#### Nutrition Facts

Serving size: 1/2 cup (130g) pears, canned, sliced, extra light syrup

##### Amount Per Serving

**Calories** 60

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 10mg

**Total Carbohydrate** 16g

Dietary Fiber 2g

Sugars 12g

**Protein** 0g

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.