

110846 - Strawberries, Whole, IQF
Category: **Fruit****Product Description**

- This item is U.S. Grade A whole strawberries. They are medium size, unsweetened and individually quick frozen (IQF) so the packages can be poured out in small quantities and resealed. This product is delivered frozen in cases containing six 5-pound packages.

Crediting/Yield

- One case of strawberries provides about 179 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 or chop and use in 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 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.