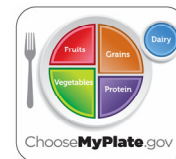




USDA Foods in Schools

100299 - Cherries, Dried Category: **Fruit**



Product Description

- This item is U.S. Grade B or better whole, tart red dried cherries with added sweeteners and oil. This product is available in cases containing four 4-pound bags.

Crediting/Yield

- One case of dried cherries yields about 189 ¼-cup servings.
- CN Crediting: ¼ cup dried cherries credit as ½ cup fruit in NSLP and CACFP. ½ cup cherries credits as ½ cup fruit in SFSP and the Afterschool Snack program.

Culinary Tips and Recipes

- Dried cherries can be served plain or added to hot or cold cereals, baked items, granola, or trail mix.
- Dried cherries are also a sweet, colorful addition to salads and can be included as an offering on the salad bar.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](https://www.ichn.org/) or [USDA's Team Nutrition](https://www.usda.gov/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](https://www.fns.usda.gov/food-safety-program).

Nutrition Facts

Serving size: 1/4 cup (40g) dried cherries

Amount Per Serving

Calories 133

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 32g

Dietary Fiber 1g

Sugars 27g

Protein 1g

Source: [USDA FoodData Central](https://www.ams.usda.gov/fooddatacentral)

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.

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.

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