



110161 - Fruit Mix, Dried

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

- This item is U.S. Grade B or better dried fruit mix that contains a combination of the following four ingredients: dried apples, diced; dried cherries; dried cranberries; raisins. This product is available in cases containing five 5-pound bags.

Crediting/Yield

- One case of dried fruit mix provides about 320 $\frac{1}{4}$ -cup servings of dried fruit.
- CN Crediting: $\frac{1}{4}$ cup dried fruit mix credits as $\frac{1}{2}$ cup fruit in NSLP and CACFP. $\frac{1}{2}$ cup dried fruit mix credits as $\frac{1}{2}$ cup fruit in SFSP and the Afterschool Snack program.

Culinary Tips and Recipes

- Dried fruit mix can be served plain or used in trail mix, granola, or as a topping for yogurt or oatmeal.
- 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**Nutrition Facts**

Serving size: 1/4 cup (35 g) dried fruit mix

Amount Per Serving

Calories 104

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 7mg

Total Carbohydrate 27g

Dietary Fiber 2g

Sugars 23g

Protein 0g

Source: Calculated from [USDA FoodData Central](#)**Allergen Information:** Please refer to allergen statement on the outside of the product case 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.