

110859 - Mixed Berries, Cups, Frozen  
Category: **Fruit****Product Description**

- This item is a mixed berry cup that contains U.S. Grade A diced strawberries and U.S. Grade B or better blueberries. This product is packed in extra light syrup and delivered frozen in cases containing 96 4-ounce cups.

**Crediting/Yield**

- One case of mixed berry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: 1/2 cup of mixed berries credits as ½ cup of fruit.

**Culinary Tips and Recipes**

- Mixed berries cups can be enjoyed directly from the container frozen or thawed.
- Remove the mixed berries from the cup and use 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 (113 g) strawberries and blueberries, frozen

**Amount Per Serving**

**Calories** 90

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 0mg

**Total Carbohydrate** 20g

Dietary Fiber 2g

Sugars 16g

**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, 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.