



110872 - Cherries, Sweet, Frozen

Food Component: **Fruit****Product Description**

- This item is U.S. Grade B or better sweet cherries that are pitted and have no added sweetener. This product is available in cases containing twelve 2.5-pound bags.

Crediting

- CN Crediting: $\frac{1}{2}$ cup cherries credit as $\frac{1}{2}$ cup fruit.

Culinary Tips and Recipes

- Sweet cherries can be served plain or added to a fruit salad.
- Sweet cherries can also be chopped and added to baked goods or used to make a fruit sauce.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Nutrition Facts

Serving size: 1/2 cup (70g) sweet cherries, frozen

Amount Per Serving**Calories** 45**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg**Sodium** 0mg**Total Carbohydrate** 11g

Dietary Fiber 2g

Sugars 9g

Protein 1gSource: [USDA FoodData Central](#)**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](#).

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.

Visit us at www.fns.usda.gov/usda-fis

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.

September 2019