

Frozen Apricots

Product Information



LFS code: LFS029
Farm: Rowley & Hawkins Fruit
Units/case: Bulk
Case Weight: 20 lbs.
Servings/case: 49

Product Description

Apricots, frozen, unsweetened halves, unpeeled.

Crediting & Yield

- One 20-pound case of frozen apricots contains 49 1/2-cup thawed, drained servings of apricots.
 - Serving Size: 1/2 cup apricots
 - Meat or M/A: ---
 - Grain: ---
 - Vegetables: ---
 - Fruit: 1/2 cup

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Thawed, drained apricots can be added to fruit salads, salad bars, or used as an ingredient in baking.
- Cook apricots and use as a topping for whole grain pancakes, waffles, or yogurt.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#). For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 1/2 cup apricots

Amount Per Serving

Calories 40

Total Fat 0g

Sat. Fat 0

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Carbohydrates 9g

Dietary Fiber 2g

Sugars 8g

Protein 1g

Source [USDA Data Food Central](#)