



# USDA Foods in Schools

## 100212 - Mixed Fruit, Extra Light Syrup, Canned Category: **Fruit**



### Product Description

- This item consists of U.S. Grade B diced peaches, diced pears, and whole seedless grapes in the following proportions: 40-60% peaches, 20-45% pears, and 15-25% grapes. The fruit is packed in extra light syrup or fruit juice. This product is available in cases with six #10 cans.

### Crediting/Yield

- One case yields about 102 ½ -cup servings of drained mixed fruit.
- CN Crediting: ½ cup mixed fruit credits as ½ cup fruit.

### Culinary Tips and Recipes

- Serve mixed fruit chilled or combine with other fresh, canned, or frozen fruit to make colorful fruit cups.
- 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 (126g) mixed fruit, extra light syrup

### Amount Per Serving

**Calories** 60

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 10mg

**Total Carbohydrate** 17g

Dietary Fiber 0g

Sugars 14g

**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, 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.