

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100225— Pears, Diced, Extra Light Syrup, Canned

Category: **Fruit**



### PRODUCT DESCRIPTION

This item is U.S. Grade B (Grade A for defects) canned diced pears. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

### CREDITING/YIELD

- One case yields about 114 ½ -cup servings drained, diced pears.
- CN Crediting: ½ cup diced pears credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Serve diced pears as a topping for salads or whole grain pancakes, or chill and serve as a fruit option at breakfast, lunch, or snack.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

### NUTRITION FACTS

Serving size: 1/2 cup (124g) pears, diced, extra light syrup

#### Amount Per Serving

**Calories** 60

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 5mg

**Total Carbohydrate** 16g

Dietary Fiber 2g

Sugars 12g

**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.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.