



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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100244 – BLUEBERRIES, FROZEN, CULTIVATED, IQF, 30 LB

CATEGORY	<ul style="list-style-type: none"> • Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> • U.S. Grade B or better blueberries, unsweetened. Cultivated type, individually quick frozen (IQF).
PACK/YIELD	<ul style="list-style-type: none"> • 30 lb case. • One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve blueberries. • One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve blueberries. • CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> • Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. • Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Blueberries, frozen, unsweetened		
	¼ cup (39 g)	½ cup (78 g)
Calories	20	40
Protein	0.16 g	0.33 g
Carbohydrate	4.75 g	9.40 g
Dietary Fiber	1.1 g	2.2 g
Sugars	3.30 g	6.60 g
Total Fat	0.25 g	0.50 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.07 mg	0.14 mg
Calcium	3 mg	6 mg
Sodium	0 mg	1 mg
Magnesium	2 mg	4 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	18 IU	36 IU
Vitamin C	1.0 mg	1.9 mg
Vitamin E	0.19 mg	0.37 mg