



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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110161 – FRUIT MIX, DRIED, 1 LB

CATEGORY	<ul style="list-style-type: none"> • Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> • U.S. Grade B dried fruit consisting of equal parts raisins, dried apricots, dried cranberries, dried dates, dried figs, dried plum pieces, or dried cherries. This product may contain pit fragments and it is peanut free.
PACK/YIELD	<ul style="list-style-type: none"> • 24/1 lb bags per case. • One lb AP yields about 2 ½ cups dried fruit mix and provides about 9.7 ¼-cup servings dried fruit mix. • CN Crediting: ¼ cup dried fruit mix provides ½ cup fruit
STORAGE	<ul style="list-style-type: none"> • If package is opened, refrigerate and use within 6 months. • Unopened packages will keep 6 months in a dry place at temperatures under 65 °F. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. • Dried fruit mix may be served right from the package.
PREPARATION/ COOKING INSTRUCTIONS	

Nutrition Information

Fruit mix, dried

	¼ cup (34 g)	½ cup (68 g)
Calories	88	176
Protein	0.7 g	1.4 g
Carbohydrate	23 g	46 g
Dietary Fiber	2.2 g	4.4 g
Sugars	17.28 g	34.56 g
Total Fat	0.142 g	0.284 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.52 mg	1.04 mg
Calcium	16.6 mg	33.2 mg
Sodium	1.4 mg	2.8 mg
Magnesium	8.6 mg	17.2 mg
Potassium	218.8 mg	437.6 mg
Vitamin A	347 IU	694 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.13 mg	0.26 mg
Vitamin E	0.37 mg	0.74 mg