



## APRICOTS, CANNED

Date: July 2012 Code: 100210

### PRODUCT DESCRIPTION

- Canned apricots are U.S. Grade B or U.S. Choice, peeled or unpeeled halves.
- Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

### PACK/YIELD

- Each can contains about 15.5 ounces, which is about 1 ½ cups or 3 ½ servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened apricots in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Canned apricots are a delicious dessert or snack served directly from the can. They can be served chilled or at room temperature.
- Freeze the drained juice in an ice cube tray and use instead of ice cubes to sweeten cold drinks like iced tea.
- Use canned apricots in baked fruit desserts like cobblers or crisps; dice them into fruit salad or use in smoothies.
- The fruit juice from the drained apricots can be thickened with flour or cornstarch and used as a fruit sauce for pancakes, waffles, or ice cream.

Nutrient Values in the Nutrition Facts Label are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information

### NUTRITION INFORMATION

- ½ cup of apricots count as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- ½ cup of apricots provides ⅓ of daily of vitamin A needs.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 2 canned apricot halves (80g) in light syrup

#### Amount Per Serving

**Calories** 50 **Calories from Fat** 0

#### % Daily Value\*

**Total Fat** 0 g **0%**

Saturated Fat 0 g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 3 mg **0%**

**Total Carbohydrate** 13 g **5%**

Dietary Fiber 1.3 g **1%**

Sugars 12 g

**Protein** .42 g

Vitamin A 21% Vitamin C 4%

Calcium 1% Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## APRICOT DESSERT TOPPING

MAKES 6 SERVINGS

### Ingredients

- 2 cups apricots, undrained
- 1 tablespoon sugar
- 2 tablespoons orange juice

### Directions

1. Mix together all ingredients in a small bowl and set aside.
2. Serve warm or cold over ice cream, shortcake, yogurt, waffles, or pancakes.

Nutrition Information for 1 serving of Apricot Dessert Topping							
Calories	70	Cholesterol	0 mg	Sugar	16 g	Vitamin C	4 mg
Calories from Fat	0	Sodium	3 mg	Protein	0 g	Calcium	8 mg
Total Fat	0 g	Total Carbohydrate	18 g	Vitamin A	110 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

*Recipe adapted from the California Fresh Apricot Council, Califapricot.com.*

## REFRESHING APRICOT SMOOTHIE

MAKES 2 SERVINGS

### Ingredients

- 1 can (about 15 ounces) apricot halves, chilled
- 1 cup (8 ounces) low-fat plain or vanilla yogurt
- 2-3 drops vanilla extract, to taste
- 6-8 ice cubes

### Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Nutrition Information for 1 serving of Refreshing Apricot Smoothie							
Calories	260	Cholesterol	5 mg	Sugar	41 g	Vitamin C	8 mg
Calories from Fat	20	Sodium	90 mg	Protein	8 g	Calcium	245 mg
Total Fat	2 g	Total Carbohydrate	60 g	Vitamin A	320 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	6 g				

*Recipe adapted from Apricot Producers of California, Apricotproducers.com.*