



FRUIT AND NUT MIX, DRIED

Date: October 2015

Code: 100297

PRODUCT DESCRIPTION

- Dried fruit and nut mix may be made from almonds, dried cherries, dried cranberries, dried dates, dried figs, dried plums, raisins, and walnuts.

PACK/YIELD

- Dried fruit and nut mix is packed in a 1-pound bag, which is about 3 cups or about 12 servings (1/4 cup each).

STORAGE

- Store unopened dried fruit and nut mix in a cool, dry place.
- Store any opened dried fruit and nut mix in an air-tight container or re-sealable plastic bag in the refrigerator.
- Look at the “Best if used by” or “Best by” date on the package.
- 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

- Dried fruit and nut mix may be eaten with no preparation as a quick and easy snack, or as a side dish at mealtime.
- Top yogurt or cottage cheese with the dried fruit and nut mix, or try it as a topping for cereal or low-fat ice cream.

NUTRITION INFORMATION

- 1/4 cup of dried fruit and nut mix count as 1 ounce in the MyPlate.gov Protein group. For a 2,000-calorie diet, the daily recommendation is about 5 1/2 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1/4 cup (43g) dried fruit and nut mix

Amount Per Serving

Calories 140 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 5%

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