



CRANBERRY APPLE JUICE, UNSWEETENED, BOTTLE

Date: November 2012

Code: 100899

PRODUCT DESCRIPTION

- Canned unsweetened cranberry apple juice is 100% fruit juice with no added sugar or sweeteners.
- Cranberry apple juice has added vitamin C.

PACK/YIELD

- Cranberry Apple Juice is packed in 64 ounce plastic bottles, which is about 16 servings (½ cup each).

STORAGE

- Store unopened plastic bottles in a cool, clean, dry place.
- Store remaining juice in a tightly covered container 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

- Cranberry apple juice is a delicious beverage served chilled.
- Mix cranberry apple juice with ice, chopped fruit, and seltzer to make a fruit beverage.
- Freeze juice in ice cube trays with toothpicks for a quick and easy popsicle treat.

NUTRITION INFORMATION

- ½ cup of cranberry apple juice counts as ½ cup in the MyPlate.gov Fruit Group. For a 2000-calorie diet, the daily recommendation is about 2 cups of fruit.
- ½ cup of cranberry apple juice provides 50% of daily vitamin C.

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

NUTRITION FACTS

Serving size: ½ cup (115g) cranberry apple juice, unsweetened

Amount Per Serving

Calories	60	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 5mg	0%
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Total Carbohydrate 17g	6%
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Dietary Fiber 0g	0%
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Sugars 15g	
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Protein 0g	
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Vitamin A 0%	Vitamin C 50%
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Calcium 0%	Iron 0%
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*Percent Daily Values are based on a 2,000 calorie diet.

CRANBERRY APPLE BEVERAGE

MAKES ABOUT 2 SERVINGS

Ingredients

- 1 ½ cups cranberry apple juice
- ½ cup orange juice
- ½ cup seltzer

Directions

1. Combine ¾ cup cranberry apple juice and ¼ cup orange juice in 2 tall glasses.
2. Pour ¼ cup seltzer into each glass, then fill with ice cubes or crushed ice.

Nutrition Information for 1 serving (10 oz) of Cranberry Apple Beverage							
Calories	130	Cholesterol	0 mg	Sugar	17 g	Vitamin C	68 mg
Calories from Fat	0	Sodium	10 mg	Protein	0 g	Calcium	18 mg
Total Fat	0 g	Total Carbohydrate	31 g	Vitamin A	4 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from Oceanspray.com.

CRAN-APPLE AND FRUIT BREAKFAST SMOOTHIE

MAKES ABOUT 2 SERVINGS

Ingredients

- 1 cup cranberry apple juice
- 1 cup plain or vanilla low-fat yogurt
- 1 cup canned mixed fruit, drained

Directions

1. Combine all ingredients in blender.
2. Blend until combined and smooth.

TIPS

Try frozen mixed berries, canned pears, or canned peaches instead of canned mixed fruit.

Nutrition Information for 1 serving of Cran-Apple and Fruit Breakfast Smoothie							
Calories	217	Cholesterol	7 mg	Sugar	40 g	Vitamin C	52 mg
Calories from Fat	20	Sodium	95 mg	Protein	7 g	Calcium	234 mg
Total Fat	2 g	Total Carbohydrate	44 g	Vitamin A	29 RAE	Iron	0.5 mg
Saturated Fat	1.3 g	Dietary Fiber	1.5 g				

Recipe adapted from Motts.com.