



CRANBERRY JUICE CONCENTRATE, SWEETENED, CANNED

Date: May 2013 Code: 100275

PRODUCT DESCRIPTION

- Canned sweetened cranberry juice concentrate needs to be mixed with water for use as a drink.
- When prepared with 3 parts water to 1 part juice concentrate, this product provides 27% juice.
- Cranberry juice drink is made from cranberry juice, cranberry juice concentrate, water, sweeteners, and vitamin C. It contains no added colors or flavors.

PACK/YIELD

- Cranberry juice concentrate is packed in 11.5 ounce containers, which is about 46 ounces of juice drink when mixed with water.
- Each can will provide about 11 servings (½ cup each) of juice after mixing with water.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- After opening, store juice 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 our policy memo: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

USES AND TIPS

- It is not necessary to prepare a whole can at one time. A smaller amount of juice can be made by mixing 3 parts water to 1 part juice concentrate.
- Cranberry juice drink can be served as a beverage chilled on its own, or used as a base for punch.
- Mix ½ cup cranberry juice drink with ½ cup seltzer or sparkling water for a sweet fruity beverage.

NUTRITION INFORMATION

- ½ cup of cranberry juice drink counts as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- ½ cup of cranberry juice drink provides about 20% of the daily amount of 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 it opened, **throw it away**.

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: ½ cup (4oz) prepared cranberry juice

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 17mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 0g

Vitamin A 0% Vitamin C 100%

Calcium 0% Iron 0%

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

CRANBERRY SPRITZER

MAKES 4 SERVINGS

Ingredients

- 1 cup prepared cranberry juice drink
- 1 cup seltzer or soda water
- 2 tablespoons lime juice

Directions

1. Combine cranberry juice, seltzer or soda water, and lime juice in a pitcher and mix well.
2. Serve in tall glasses.

Nutrition Information for 1 serving (½ cup) of Cranberry Spritzer							
Calories	30	Cholesterol	0 mg	Sugar	8 g	Vitamin C	7 mg
Calories from Fat	0	Sodium	20 mg	Protein	0 g	Calcium	10 mg
Total Fat	0 g	Total Carbohydrate	9 g	Vitamin A	1 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from USDA, FNS, Food Distribution Division 2009.

HOLIDAY PUNCH

MAKES 12 SERVINGS

Ingredients

- 4 cups prepared cranberry juice drink, chilled
- 1 can (12 ounces) frozen lemonade or lemon juice concentrate
- 4 cups cold water
- 2 cans (12 ounces each) chilled lemon-lime carbonated soda (or about 4 cups soda water or seltzer).

Directions

1. Combine cranberry juice, lemonade concentrate, and water. Refrigerate.
2. Just before serving time, add ice cubes. Carefully pour carbonated soda, soda water or seltzer down sides of bowl or container.

Nutrition Information for 1 serving of Holiday Punch							
Calories	130	Cholesterol	0 mg	Sugar	31 g	Vitamin C	15 mg
Calories from Fat	0	Sodium	10 mg	Protein	0 g	Calcium	0 mg
Total Fat	0 g	Total Carbohydrate	33 g	Vitamin A	0 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from Southernfood.about.com.