



## GRAPEFRUIT JUICE, UNSWEETENED, BOTTLE

Date: November 2012 Code: 100896

### PRODUCT DESCRIPTION

- Canned grapefruit juice is 100% juice with no added sugar or sweeteners.

### PACK/YIELD

- Grapefruit 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 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

- Grapefruit juice can be served as a beverage, chilled on its own, or used as a base for punch.
- Blend grapefruit juice with fruit, yogurt, and ice to make a fruit smoothie.
- Mix chopped fruit, grapefruit juice, and chopped nuts for a twist on fruit salad.

### NUTRITION INFORMATION

- ½ cup of grapefruit juice counts as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation of fruit is about 2 cups.
- ½ cup of grapefruit juice provides 60% of the recommended 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 the can is opened, **throw it away**.

### OTHER RESOURCES

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

### NUTRITION FACTS

Serving size: ½ cup (4oz) grapefruit juice, unsweetened

#### Amount Per Serving

Calories		Calories from Fat	
50		0	
% Daily Value*			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 11g			<b>4%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 11g			
<b>Protein</b> 1g			
Vitamin A 0%		Vitamin C 60%	
Calcium 0%		Iron 2%	

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

## CITRUS SOOTHER

**MAKES 4 SERVINGS**

### Ingredients

- 2 cups grapefruit juice
- 2 cups orange juice
- ¼ cup honey
- ⅛ teaspoon cinnamon (if you like)

### Directions

1. In a medium saucepan combine grapefruit juice, orange juice, and honey. If using cinnamon, add that too.
2. Heat, stirring occasionally, just until warm (do not boil). Serve warm.

Nutrition Information for 1 serving of Citrus Soother							
<b>Calories</b>	160	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	39 g	<b>Vitamin C</b>	80 mg
<b>Calories from Fat</b>	10	<b>Sodium</b>	5 mg	<b>Protein</b>	1 g	<b>Calcium</b>	20 mg
<b>Total Fat</b>	0 g	<b>Total Carbohydrate</b>	41 g	<b>Vitamin A</b>	11 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	0 g				

*Recipe adapted from the Florida Department of Citrus.*

## FLORIDA'S FAVORITE CHICKEN

**MAKES 2 SERVINGS**

### Ingredients

- 2 chicken breast halves
- 2 tablespoons chicken broth
- 2 tablespoons onion, chopped
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1 cup grapefruit juice
- 2 tablespoons walnuts, chopped (if you like)

### Directions

1. Remove skin and bones from chicken.
2. In a skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
3. Chop chicken into bite-sized pieces and set aside.
4. In same skillet, lightly cook onion until clear.
5. Mix cornstarch and water in a small cup and add to onion.
6. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.
7. Mix in chicken. If using walnuts, add that too. Cook until heated.
8. Serve immediately.

Nutrition Information for 1 serving of Florida's Favorite Chicken							
<b>Calories</b>	350	<b>Cholesterol</b>	70 mg	<b>Sugar</b>	23 g	<b>Vitamin C</b>	75 mg
<b>Calories from Fat</b>	100	<b>Sodium</b>	90 mg	<b>Protein</b>	31 g	<b>Calcium</b>	50 mg
<b>Total Fat</b>	11 g	<b>Total Carbohydrate</b>	32 g	<b>Vitamin A</b>	7 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from the Florida Department of Citrus.*