



## MIXED FRUIT, CANNED

Date: August 2012 Code: 100211

### PRODUCT DESCRIPTION

- Canned mixed fruit is U.S. Grade B or better of diced peaches, diced pears, and whole grapes in sweetened fruit juice, unsweetened fruit juice, or light syrup.

### PACK/YIELD

- Each can contains about 15.5 ounces, which is about 1.5 cups or 6 servings (¼ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened mixed fruit 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

- Mixed fruit is a delicious dessert or snack. It can be served chilled or at room temperature.
- Make a treat by repeating layers of mixed fruit and low-fat yogurt or low-fat ice cream in a tall glass.
- Use canned mixed fruit in baked fruit desserts like cobblers or crisps; they are also a great addition to fruit salads and smoothies.
- Add mixed fruit to sparkling water and juice for a tasty cool beverage.

### NUTRITION INFORMATION

- ½ cup of mixed fruit 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..

### 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 (114g) canned mixed fruit, drained

Amount Per Serving	
<b>Calories</b>	63
<b>Calories from Fat</b>	0
% Daily Value*	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 5 mg	<b>0%</b>
<b>Total Carbohydrate</b> 16 g	<b>5%</b>
Dietary Fiber 1.4 g	<b>6%</b>
Sugars 13 g	
<b>Protein</b> .47 g	
Vitamin A 6%	Vitamin C 4%
Calcium 0%	Iron 2%

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

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

## CREAMY MIXED FRUIT SALAD

MAKES ABOUT 4 SERVINGS

### Ingredients

- 2 cans (about 15 ounces each) mixed fruit, drained
- 2 bananas, sliced
- 1 apple, peeled and sliced
- 1 cup lemon or vanilla low-fat yogurt
- 2 tablespoons lemon or vanilla instant pudding mix

### Directions

1. Combine mixed fruit, bananas, and apple in medium bowl.
2. In a small bowl, mix together yogurt and pudding mix.
3. Spoon yogurt mixture over fruit, stirring until coated.
4. Serve right away or refrigerate until served.

Nutrition Information for 1 serving of Creamy Mixed Fruit Salad							
Calories	270	Cholesterol	3 mg	Sugar	50 g	Vitamin C	12 mg
Calories from Fat	10	Sodium	150 mg	Protein	5 g	Calcium	120 mg
Total Fat	1 g	Total Carbohydrate	64 g	Vitamin A	42 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	6 g				

Recipe adapted from Allrecipes.com.

## SOUTHWEST FRUIT SALSA

MAKES ABOUT 6 SERVINGS

### Ingredients

- 1 can (about 15 ounces) mixed fruit, drained
- ½ cup onion, chopped
- 2 tablespoons lime juice
- ¼ cup green pepper or jalapeño pepper, chopped
- ⅛ teaspoon black pepper

### Directions

1. Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

Nutrition Information for 1 serving (¼ cup) of Southwest Fruit Salsa							
Calories	50	Cholesterol	0 mg	Sugar	9 g	Vitamin C	8 mg
Calories from Fat	0	Sodium	5 mg	Protein	1 g	Calcium	8 mg
Total Fat	0 g	Total Carbohydrate	12 g	Vitamin A	12 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	1 g				

Recipe adapted from Delmonte.com.