



PEARS, CANNED, PEELED

Date: August 2012

Code: 100223

PRODUCT DESCRIPTION

Canned pears are U.S. Grade B or better Bartlett pears. Pears may be halved, quartered, sliced, or diced.

Pears are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice with water, lightly sweetened fruit juices, or unsweetened pear juice.

PACK/YIELD

Each can contains about 15.5 ounces, which is about 3 ½ servings (½ cup each).

STORAGE

Store unopened cans in a cool, clean, dry place.

Store remaining opened pears 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

Pears are a great dessert or snack and it is safe to eat them without cooking. They can be served chilled or at room temperature. Canned pears are a great addition to baked fruit desserts such as pies, cobblers, or crisps. Use pears in salads or to sweeten side dishes like rice or stuffing. Bake or grill pears and use as a topping for yogurt or ice cream.

NUTRITION INFORMATION

½ cup of pears 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 pears provides 10% of the daily recommended amount of vitamin A.

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

NUTRITION FACTS

Serving size: ½ cup (126g) pear halves in light syrup, canned

Amount Per Serving

Calories 72 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
<i>Trans</i> Fat 0 g	
Cholesterol 0 mg	0%
Sodium 6 mg	0%
Total Carbohydrate 19 g	6%
Dietary Fiber 2 g	8%
Sugars 15 g	
Protein .24 g	
Vitamin A 0%	Vitamin C 2%
Calcium 1%	Iron 2%

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

POCKET FRUIT PIES

MAKES 4 SERVINGS

Ingredients

4 (8 inch) flour tortillas
 2 ½ cups canned sliced pears, drained
 ¼ teaspoon ground cinnamon
 2 tablespoons brown sugar (or regular sugar)
 ⅛ teaspoon ground nutmeg (if you like)
 2 tablespoons milk
 Sugar, to taste (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Chop pears into pieces.
4. In a small bowl, stir together brown sugar (or regular sugar) and cinnamon. If using nutmeg, add that too. Sprinkle over pears, tossing to coat.
5. Place ¼ of the pears on half of each tortilla.
6. Roll up the tortillas, starting at the end with the pears.
7. Place on an ungreased baking sheet and make small cuts to allow steam to escape. Brush with milk. If using sugar, sprinkle on top.
8. Bake in oven for 8 to 12 minutes or until lightly brown.
9. Serve warm or cool.

Nutritional Information for 1 serving of Pocket Fruit Pies							
Calories	280	Cholesterol	0 mg	Sugar	27 g	Vitamin C	1 mg
Calories from Fat	40	Sodium	340 mg	Protein	5 g	Calcium	90 mg
Total Fat	4 g	Total Carbohydrate	57 g	Vitamin A	16 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

SPICED PEARS

MAKES 4 SERVINGS

Ingredients

1 can (about 15 ounces) pears, undrained
 4 slices fresh ginger, peeled (if you like)
 ¼ teaspoon nutmeg (if you like)
 ¼ teaspoon cinnamon
 2 cups low-fat vanilla ice cream

Directions

Drain liquid from pears into saucepan and add cinnamon. If using nutmeg and ginger, add that too.
 Bring to boil; reduce heat and cook for 5 minutes.
 Add pears and remove from heat. Chill in refrigerator.
 If ginger was used, remove it before serving.
 Spoon pears and liquid over ice cream.

Nutritional Information for 1 serving of Spiced Pears							
Calories	180	Cholesterol	10 mg	Sugar	27 g	Vitamin C	1 mg
Calories from Fat	30	Sodium	60 mg	Protein	3 g	Calcium	110 mg
Total Fat	3 g	Total Carbohydrate	35 g	Vitamin A	300 RAE	Iron	0 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from Delmonte.com.