



PLUMS, CANNED, PURPLE

Date: August 2012

Code: 100233

PRODUCT DESCRIPTION

- Canned purple plums are U.S. Grade B, whole (unpeeled, unpitted) or halves (unpeeled, pitted).
- Plums are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

PACK/YIELD

- Each can contains about 15 ½ ounces, which is about 1 ½ cups or 3 ½ servings (½ cup each).

STORAGE

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

- Canned plums are a delicious dessert served chilled directly from the can, with juice or drained. They are also a wonderful addition to any fruit salad or dessert recipe.
- Add lemon juice to make the natural flavor of the fruit stronger.
- Chopped purple plums can be added to muffin batter.
- Serve drained and heated or at room temperature with meat dishes.

NUTRITION INFORMATION

- ½ cup of plums counts as ½ cup in the MyPlate.gov Fruit Group. For a 2000-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
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (126g) canned plums, pitted, in light syrup

Amount Per Serving

Calories 79 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 1 g	4%
Sugars 19 g	
Protein .47 g	
Vitamin A 1%	Vitamin C 1%
Calcium 1%	Iron 6%

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

PLUMS-PLUS MUFFINS

MAKES ABOUT 12 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 box (about 14 ounces) oat bran muffin mix
- ¾ cup apple juice
- 1 cup plums, drained and finely chopped
- ¾ cup raisins

Directions

1. Preheat oven to 425 degrees F.
2. Lightly spray a 12-cup muffin pan with nonstick cooking spray.
3. In medium bowl, combine muffin mix and juice until just wet. Stir in plums and raisins.
4. Spoon batter into muffin cups, to just below the rim, making sure not to fill completely.
5. Bake 14 minutes or until a toothpick or fork inserted in center comes out clean.
6. Remove muffins from pan and cool on wire rack or plate.

Nutrition Information for 1 serving of Plum-Plus Muffins							
Calories	130	Cholesterol	0 mg	Sugar	11 g	Vitamin C	0 mg
Calories from Fat	20	Sodium	10 mg	Protein	6 g	Calcium	30 mg
Total Fat	2 g	Total Carbohydrate	34 g	Vitamin A	6 RAE	Iron	2 mg
Saturated Fat	0.5 g	Dietary Fiber	6 g				

Recipe adapted from The California Fruit Tree Agreement.

PLUM COOL DOWN

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 can (about 15 ounces) plums, drained and coarsely chopped
- 1 can (about 6 ounces) frozen cranberry juice concentrate
- 1 cup water

Directions

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

Nutrition Information for 1 serving of Plum Cool Down							
Calories	90	Cholesterol	0 mg	Sugar	20 g	Vitamin C	13 mg
Calories from Fat	0	Sodium	10 mg	Protein	0 g	Calcium	9 mg
Total Fat	0 g	Total Carbohydrate	23 g	Vitamin A	15 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from The California Fruit Tree Agreement.