



PLUMS, WHOLE, DRIED

Date: AUGUST 2012

Code: 100290

PRODUCT DESCRIPTION

- Dried plums are U.S. Grade B or better, pitted whole fruit.
- They may be treated with potassium sorbate, which is used as a preservative.

PACK/YIELD

- Dried plums are packed in 24/1 lb packages that provide about 8 servings ($\frac{1}{4}$ cup each).

STORAGE

- Store unopened packages in a cool, dry place.
- After opening, store in a tightly covered container not made from metal or a re-sealable plastic bag and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on storing and maintaining USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Dried plums are a great snack directly out of the package.
- Add sliced or chopped plums to muffins, breads, cookies, and other desserts.
- Plums can be used in chicken, beef, lamb, and turkey dishes. They may also be used in sauces, stews, and vegetable side dishes.
- Add dried plums to oatmeal, cold cereal, or pancake batter.

NUTRITION INFORMATION

- $\frac{1}{4}$ cup of dried plums counts as $\frac{1}{2}$ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.

- $\frac{1}{4}$ cup of dried plums provides more than 10% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- Check dried plums for unknown material, insects, or mold before use.

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: $\frac{1}{4}$ cup (44g) whole plums, dried

Amount Per Serving

Amount Per Serving		Calories from Fat 0	
Calories 104		0	
% Daily Value*			
Total Fat	.17 g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	28g	8%	
Dietary Fiber	3.1 g	12%	
Sugars	17g		
Protein	.95 g		
Vitamin A	7%	Vitamin C	1%
Calcium	2%	Iron	2%

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

DRIED PLUMS WITH PEACHES AND YOGURT

MAKES ABOUT 2 SERVINGS

Ingredients

- ½ cup canned peaches, drained
- ½ cup dried plums, chopped
- 1 container (about 8 ounces) nonfat vanilla yogurt
- ½ cup low-fat granola cereal (if you like)

Directions

1. Put ¼ cup peaches into two tall glasses. Put ¼ cup dried plums on top of the peaches. Put ½ cup yogurt on top of the plums.
2. If using granola as a topping, add ¼ cup to each glass.

Nutrition Information for 1 serving of Dried Plums with Peaches and Yogurt							
Calories	350	Cholesterol	0 mg	Sugar	54 g	Vitamin C	4 mg
Calories from Fat	20	Sodium	150 mg	Protein	9 g	Calcium	230 mg
Total Fat	2 g	Total Carbohydrate	81 g	Vitamin A	172 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	6 g				

Recipe adapted from the California Dried Plum Board.

PLUM OAT BARS

MAKES ABOUT 12 SERVINGS

Ingredients

- Nonstick cooking spray
- 2 cups old-fashioned oats
- ½ cup dried plums, chopped
- ½ cup walnuts, chopped (if you like)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup packed brown sugar (or ¾ cup regular sugar)
- ⅓ cup margarine

Directions

1. Preheat oven to 350 degrees F. Coat a 9x9-inch baking pan with cooking spray; set aside.
2. In large bowl combine oats, plums, cinnamon, and salt. If using walnuts, add that too. Set dish aside.
3. In medium saucepan, combine brown sugar and margarine. Cook over medium heat. Stir until melted.
4. Pour sugar mixture over oat mixture, stirring to coat all ingredients. Press firmly and evenly into baking pan.
5. Bake 20-25 minutes or until golden around the edges. Cut into bars while still hot. Cool completely in pan, then re-cut and remove with spatula. Bars can be wrapped individually in plastic wrap or sealed in a plastic bag.

Nutrition Information for 1 serving of Plum Oat Bars							
Calories	100	Cholesterol	10 mg	Sugar	8 g	Vitamin C	0 mg
Calories from Fat	40	Sodium	30 mg	Protein	2 g	Calcium	15 mg
Total Fat	5 g	Total Carbohydrate	14 g	Vitamin A	25 RAE	Iron	1 mg
Saturated Fat	2 g	Dietary Fiber	1 g				

Recipe adapted from the California Dried Plum Board.