



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 02-10-14)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

**100256 - STRAWBERRIES, FROZEN, DICED, SINGLE SERVE, 4.5 OZ**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Diced Grade A strawberries packed in individual serving cups.</li> <li>The pack ratio must be 11.5 + 1 by weight fruit to packing media ratio; where the packing media is a 45° Brix syrup composed of strawberry puree and dry or liquid sugar.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>96/4.5 oz units per case.</li> <li>One 4.5 oz unit provides ½ cup thawed, diced strawberries and juice.</li> <li>CN Crediting: One 4.5 oz unit thawed, diced strawberries provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>Do not refreeze after thawing.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Strawberries, sliced/diced, thawed, sweetened

	½ cup (128 g)
Calories	80
Protein	1 g
Carbohydrate	19 g
Dietary Fiber	2 g
Sugars	16 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.36 mg
Calcium	20 mg
Sodium	0 mg
Magnesium	9 mg
Potassium	125 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	66 mg
Vitamin E	0.29 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw unopened cups of strawberries overnight in the refrigerator, spacing containers on shelves for good air circulation. Once thawed, do not refreeze.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Strawberries are ready to thaw and serve as a fruit, or as a snack.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Do not refreeze strawberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section 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.