

# Fresh D'ANJOU PEARS



## PRODUCT DESCRIPTION

- Fresh pears are U.S. Grade No. 2 or better

## PACK/YIELD

- 900540: 1 pound bag (about 2 pears per bag)
- 900541: 2 pound bag (about 4 pears per bag)
- 900542: 3 pound bag (about 6 pears per bag)
- 900543: 5 pound bag (about 10 pears per bag)

## STORAGE

- Do not wash pears until ready to eat.
- Ripe pears may be stored in the refrigerator for up to 1 week.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD memo: [http://www.fns.usda.gov/fdd/policymemo/pmfd107\\_NSLP\\_CACF\\_SFSP\\_CSPF\\_FDPIR\\_TEFAP\\_Ci-StorandInvMgmt.pdf](http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSPF_FDPIR_TEFAP_Ci-StorandInvMgmt.pdf)

## USES AND TIPS

- Fresh pears are a great snack or dessert, eaten whole or sliced.
- Ripen fresh pears at room temperature.
- Slice or chop pears into salads or stuffing for pork or poultry.
- Fresh pears make delicious baked fruit desserts. Also try cooking them over low heat in juice or water and serve with low-fat ice cream.
- To prevent sliced pears from browning, dip into a mix of 1 part lemon juice and 3 parts water.

## OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

## NUTRITIONAL INFO

- 1 medium pear counts as 1 cup in the MyPlate.gov Fruit Group. For a 2,000 calorie diet, the daily recommended amount is about 2 cups of fruit.
- 1 medium pear provides more than 20% of the daily recommended amount of fiber.

## FOOD SAFETY INFORMATION

- Rinse pears in cool water and dry with paper towel before eating.

NUTRITION FACTS			
Serving size: 1 medium pear, with skin (178g)			
Amount Per Serving			
<b>Calories</b>	100	<b>Calories from Fat</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 28g	<b>9%</b>		
Dietary Fiber 6g	<b>22%</b>		
Sugars 17g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 15%		
Calcium 2%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet.			