

Frozen Raspberries

Product Information



LFS code: LFS013
Farm: Northwest Berry
Cooperative
Units/case: Bulk
Case Weight: 25 lbs.
Servings/case: 156

Product Description

Raspberries, frozen, red, whole, unsweetened, baker's grade, individually quick-frozen.

Crediting & Yield

- One 25-pound case of frozen raspberries provides about 156 1/2-cup servings of thawed, drained raspberries.

Serving Size: 1/2 cup thawed, drained raspberries
Meat or M/A: ---
Grain: ---
Vegetables: ---
Fruit: 1/2 cup fruit

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Use frozen raspberries in smoothies, salads, or parfaits.
- Cook the raspberries into a compote that can be used as a topping for hot cereal, whole grain pancakes, waffles, or yogurt.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#), [USDA's Team Nutrition](#), or the [Child Nutrition Recipe Box](#).

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 1/2 cup frozen raspberries

Amount Per Serving

Calories 39

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 3mg

Carbohydrates 9g

Dietary Fiber 3g

Sugars 5g

Protein 1g

Source [USDA Data Food Central](#)