

Dried Cherries

Product Information



LFS code: LFS070
Farm: Rowley & Hawkins Fruit Farms
Units/case: Bulk
Case Weight: 25 lbs.
Servings/case: 295

Product Description

Cherries, dried, Montmorency tart, whole, without pits

Ingredients

Pitted tart cherries, sugar, sunflower oil.

Crediting & Yield

- One 25-pound case of dried cherries provides 295 1/4-cup servings of dried cherries.

Serving Size: 1/4 cup dried cherries
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

- Dried cherries can be served plain or added to hot or cold cereals, baked items, granola, premade salads or trail mix.
- Dried cherries are also a sweet, colorful addition to salads and can be included as an offering on the salad bar.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

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: 1/4 cup dried cherries

Amount Per Serving

Calories 133

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Carbohydrates 32g

Dietary Fiber 1g

Sugars 27g

Protein 1g

Source [USDA Data Food Central](#)