

# Frozen Raspberries

## Product Information



LFS code: LFS072  
Farm: Sidhu Farms  
Units/case: Bulk  
Case Weight: 20 lbs.  
Servings/case: 125

## Product Description

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

## Crediting & Yield

- One 20-pound case of frozen raspberries provides about 125 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](#)