

Frozen Blackberries

Product Information



LFS code: LFS078
Farm: Silva Family Farms
Units/case: Bulk
Case Weight: 20 lbs.
Servings/case: 90

Product Description

Blackberries, frozen, whole, unsweetened

Crediting & Yield

- One 20-pound case of frozen blackberries contains 90 1/2-cup thawed servings of blackberries.

Serving Size: 1/2 cup thawed blackberries
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

- Serve frozen blackberries in fruit salads or over yogurt. Cook and serve as topping for hot cereals, whole grain pancakes, or waffles.
- Add frozen blackberries last to fruit salads or other mixtures so berries will not be crushed or discolor other fruits.
- 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: 1/2 cup frozen blackberries

Amount Per Serving

Calories 48

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Carbohydrates 12g

Dietary Fiber 4g

Sugars 8g

Protein 1g

Source [USDA Data Food Central](#)