

MIXED FRUIT CANNED

for use in the USDA Household
Commodity Food Distribution Programs

3/31/2005

Product Description

- **Canned Mixed Fruit** is U.S. Grade B or better of diced peaches, diced pears, and whole seedless grapes packed in fruit juice or light syrup. Sugar or similar sweetener may be added.

Pack/Yield

- One 15-ounce can of mixed fruit yields 6.5 servings of fruit and juice. A serving is equal to ¼ cup.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Once opened, store mixed fruit in a covered container and refrigerate. Use within 3 to 5 days.

Uses and Tips

- Canned mixed fruit is a delicious dessert served directly from the can, with juice, either at room temperature or chilled.
- It is excellent when served with cottage cheese, or used in a dessert recipe.
- Add mixed fruit to gelatin or use the drained juice as part of the liquid when making gelatin desserts.
- It can also be combined with other fresh, canned, or frozen fruit for a fruit cup or salad.

(See recipes on reverse side)



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- Freeze the drained juice in an ice cube tray to use instead of ice cubes in cold beverages.

Nutrition Information

- **Mixed fruit** is low in fat and sodium.
- ¼ cup of mixed fruit provides 1 serving from the **FRUIT GROUP** of the **Food Guidance System**.
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Nutrition Facts	
Serving size ¼ cup (57g) drained	
Amount Per Serving	
Calories 34	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 8g	4%
Dietary Fiber 1g	4%
Protein 0g	
Vitamin A 20%	Vitamin C 2%
Calcium 0%	Iron <2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Mixed Fruit Crisp

1 15-ounce can mixed fruit
1/2 cup quick rolled oats
1/2 cup brown sugar
1/2 cup all-purpose flour
1/4 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/4 cup butter or margarine

1. Preheat oven to 350°F.
2. Drain mixed fruit and set aside.
3. Lightly grease an 8 or 9 -inch baking pan. Place the mixed fruit on the bottom of the pan.
4. In a smaller bowl, combine all of the dry ingredients. Cut in the butter or margarine with a pastry blender. Sprinkle mixture over mixed fruit filling.
5. Bake for 30-35 minutes in conventional oven; serve warm.

Makes 8 servings

Nutrition Information for each serving of Mixed Fruit Crisp:

Calories	170	Cholesterol	0 mg	Sugar	8 g	Calcium	18 mg
Calories from Fat	54	Sodium	85 mg	Protein	2 g	Iron	1 mg
Total Fat	6 g	Total Carbohydrate	28 g	Vitamin A	56 RAE		
Saturated Fat	1 g	Dietary Fiber	1 g	Vitamin C	37 mg		

Mixed Fruit Smoothie

1 15-ounce can mixed fruit, chilled
½ cup (4 ounces) milk
½ cup orange juice
6-8 ice cubes

1. Combine ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker consistency.

Makes 2 servings

Nutrition Information for each serving of Mixed Fruit Smoothie:

Calories	211	Cholesterol	5 mg	Sugar	9 g	Calcium	83 mg
Calories from Fat	14	Sodium	40 mg	Protein	3 g	Iron	1 mg
Total Fat	1.5 g	Total Carbohydrate	50 g	Vitamin A	62 RAE		
Saturated Fat	1.0 g	Dietary Fiber	4 g	Vitamin C	178 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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