

PLUMS

CANNED, PURPLE

for use in the USDA Household
Commodity Food Distribution Programs

02/04/08

Product Description

- **Canned Purple Plums** are U.S. Grade B or better, whole (unpeeled, unpitted) or halves (unpeeled, pitted).
- Plums are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

Pack/Yield

- Plums are packed in a 15.5-ounce can, which is about 2 cups, or four ½-cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor, or in refrigerated storage.
- Avoid freezing or sudden changes in temperature. Temperature changes shorten shelf life and speed deterioration of the plums.
- Store opened canned plums in a covered nonmetallic container and refrigerate. Use within 2 to 4 days.

Uses and Tips

- Canned plums are a delicious dessert served chilled directly from the can, with juice or drained. They are also a wonderful addition to any fruit salad or dessert recipe.
- Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor.



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- Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls.
- Serve drained and heated or at room temperature as an accompaniment to meat dishes.

Nutrition Information

- 1 cup of sliced raw or cooked plums counts as 1 cup from the **FRUIT GROUP** of the MyPyramid.

(See recipes on reverse side)

Nutrition Facts	
Serving size ½ cup (126g)	
Plums, pitted in light syrup	
Amount Per Serving	
Calories 79	Fat Cal 1
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 20.5g	7%
Dietary Fiber 1.1g	4%
Protein 0.5g	
Vitamin A 6%	Calcium 1%
Vitamin C 1%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

Plum-Plus Muffins

Nonstick cooking spray
 14 ounce (1 box) oat bran muffin mix
 ¾ cup apple juice
 1 cup plums, drained and finely chopped
 ¾ cup raisins

Recipe provided by The California Tree Fruit Agreement.

1. Preheat oven to 425 °F.
2. Lightly coat about 12 muffin cups with nonstick spray.
3. In medium bowl, combine muffin mix and juice until just moistened. Stir in plums and raisins.
4. Spoon batter into muffin cups, full. Bake 14 minutes or until a toothpick inserted in center comes out clean.
5. Remove muffins from pan and cool on wire rack.

Makes 12 muffins

Nutrition Information for each serving of Plum Plus Muffin:

Calories	129	Cholesterol	0 mg	Sugar	10.8 g	Calcium	27 mg
Calories from Fat	22	Sodium	8 mg	Protein	5.8 g	Iron	2.2 mg
Total Fat	2.4 g	Total Carbohydrate	34 g	Vitamin A	5.6 RE		
Saturated Fat	0.5 g	Dietary Fiber	5.6 g	Vitamin C	0.4 mg		

Plum Cool Down

1 (15.5 ounce) can plums, drained and coarsely chopped
 1 can (6 ounces) frozen cranberry concentrate
 1 cup water (optional)

1. Combine all ingredients in blender or food processor.
2. Whirl until combined

Makes 8 servings

Recipe provided by The California Tree Fruit Agreement.

Nutrition Information for each serving of Plum Cool Down:

Calories	89	Cholesterol	0 mg	Sugar	20 g	Calcium	8.8 mg
Calories from Fat	0	Sodium	13 mg	Protein	0.2 g	Iron	0.6 mg
Total Fat	0.06 g	Total Carbohydrate	23 g	Vitamin A	15 RE		
Saturated Fat	0 g	Dietary Fiber	0.5 g	Vitamin C	12.7 mg		

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

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