

APRICOTS

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

10/28/03

Product Description

- **Canned Apricots** are U.S. Grade B, unpeeled halves.
- Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

Pack/Yield

- Apricots are packed in 15.5-ounce cans, which is about 2 cups, or 4 ½-cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Store opened apricots in a covered nonmetallic container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Canned apricots are a delicious dessert served directly from the can, with juice, either at room temperature or chilled. They are also a wonderful addition to any fruit salad or dessert recipe.
- Use canned apricots in baking, cobblers and crisps.
- The juice from canned apricots can be drained and thickened with flour or cornstarch to make a fruit sauce for ice cream or pancakes.

(See recipes on reverse side)



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- Freeze the drained juice in an ice cube tray; use instead of ice cubes in cold drinks or iced tea.
- Use the drained juice as part of the liquid when making gelatin desserts.

Nutrition Information

- **Apricots** are an excellent source of Vitamin A.
- ½ cup of apricots provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 2 apricot halves (80g) in light syrup			
Amount Per Serving			
Calories	50	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	3mg		0%
Total Carbohydrate	13g		4%
Dietary Fiber	1g		4%
Protein	0g		
Vitamin A	20%	Vitamin C	4%
Calcium	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

Simple Apricot Crisp

3 (15.5 ounce) cans apricot halves, drained
1 cup flour
½ cup sugar
1/3 cup ground almonds
½ cup cold butter
1 pinch salt
1 tablespoon flour
2 teaspoons vanilla

Recipe provided by apricotproducers.com

1. Preheat oven to 375°F.
2. Drain apricot halves and set aside.
3. Combine the sugar and flour. Cut butter into small cubes.
4. Add butter to sugar/flour mixture using a mixer (or by hand using a pastry blender), blending to a granule-like texture.
5. In a food processor or a blender, grind almonds to nearly a fine powder. Add almonds and salt to butter mixture; stir well.
6. In a separate bowl, combine the apricots with a tablespoon of flour and 2 teaspoons of vanilla. Mix until fruit is well coated.
7. Spoon fruit into a 1½-quart casserole dish (or an 8" deep soufflé dish) and pour crisp topping mixture on top. Pat down firmly.
8. Bake for approximately 30 minutes or until the top is lightly golden brown.

Makes 8 servings

Nutrition Information for each serving of Simple Apricot Crisp:

Calories	350	Cholesterol	30 mg	Sugar	12 g	Calcium	37 mg
Calories from Fat	140	Sodium	105 mg	Protein	4 g	Iron	1 mg
Total Fat	15 g	Total Carbohydrate	53 g	Vitamin A	792 RE		
Saturated Fat	8 g	Dietary Fiber	4 g	Vitamin C	4 mg		

Refreshing Apricot Smoothie

1 (15.5 ounce) can apricot halves, chilled
1 cup (8 ounce) lowfat plain or vanilla yogurt
2-3 drops vanilla extract, to taste
6-8 ice cubes

Recipe provided by apricotproducers.com

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 Refreshing Apricot Smoothie:

Calories	220	Cholesterol	5 mg	Sugar	6 g	Calcium	232 mg
Calories from Fat	15	Sodium	90 mg	Protein	7 g	Iron	1 mg
Total Fat	2 g	Total Carbohydrate	45 g	Vitamin A	894 RE		
Saturated Fat	1.5 g	Dietary Fiber	4 g	Vitamin C	6 mg		

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

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