

# CRANBERRY JUICE DRINK CONCENTRATE, SWEETENED, CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 02/23/04

## Product Description

**Canned Cranberry Juice Concentrate** needs to be reconstituted for use as a juice drink. It is made from cranberry juice, cranberry juice concentrate, and sweeteners. It is fortified with vitamin C. It contains no artificial flavor, color, or preservative. When diluted with three parts water (3+1), this product provides 27% juice.

## Pack/Yield

Cranberry Juice Concentrate is packed in: 11.5-ounce cans, which, when reconstituted, will make 46 ounces of juice drink.

## Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store reconstituted juice in the refrigerator and use within 5 to 7 days.

## Uses and Tips

- It is not necessary to reconstitute a whole can at one time. A smaller amount of juice can be made by reconstituting at a ratio of 3 parts water to 1 part juice concentrate (3+1).

*(See recipes on reverse side)*



U.S. Department of Agriculture

- Each 11.5-ounce can makes 7 2/3 6-ounce servings.
- Cranberry juice can be served as a beverage or used as a base for punch.
- Cranberry juice is delightful combined with other juices such as apple or grape.

## Nutrition Information

- **Cranberry Juice Concentrate** is fortified so it is a good source of vitamin C.
- Cranberry Juice Concentrate is low in fat, saturated fat, and sodium. It contains no cholesterol.
- 3/4 cup of reconstituted cranberry juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 3/4 cup (6 ounces) reconstituted cranberry juice	
Amount Per Serving	
<b>Calories</b> 105	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 18mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 24g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 86%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Festive Punch

4 cups reconstituted cranberry juice concentrate  
 2 cups orange juice  
 12 ounces lemon-lime soda  
 Ice cubes (optional)  
 1 orange (optional)

1. Chill juice and soda.
2. Combine juices in a punch bowl.
3. Pour lemon-lime soda down the sides to preserve the carbonation. Add ice cubes.
4. Punch can be garnished with tiny wedges of fresh orange, for color, interest, and flavor (cut an orange into eighths, then each eighth into tiny cross-wise wedges).

*Recipe provided by AI's Punch Bowl Recipes*

**Makes 15 ½-cup servings**

### Nutrition Information for each serving of Festive Punch:

Calories	61	Cholesterol	0 mg	Sugar	14 g	Calcium	5 mg
Calories from Fat	0	Sodium	4 mg	Protein	0 g	Iron	.2 mg
Total Fat	.1 g	Total Carbohydrate	15 g	Vitamin A	5 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	35 mg		

## Tangy Cranberry Ice

3 cups reconstituted cranberry juice concentrate  
 1½ teaspoons grated orange rind  
 1½ cups orange juice  
 Thin orange slices for garnish (optional)

1. Combine reconstituted cranberry juice, orange juice, and orange rind.
2. Freeze in ice cube tray until firm.
3. Spoon frozen mixture into a bowl and beat at low speed, with an electric mixer, until smooth.
4. Spoon into individual dessert cups.
5. Freeze again until ready to serve.

*Recipe provided by Northland*

**Makes 9 ½-cup servings**

### Nutrition Information for each serving of Tangy Cranberry Ice:

Calories	65	Cholesterol	0 mg	Sugar	15 g	Calcium	6 mg
Calories from Fat	0	Sodium	2 mg	Protein	0 g	Iron	.3 mg
Total Fat	.1 g	Total Carbohydrate	16 g	Vitamin A	7 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	44 mg		

## Triple-Cranberry Sauce

1 cup cranberry juice concentrate  
 1/3 cup sugar  
 1 12-ounce package fresh or frozen cranberries, rinsed and drained  
 ½ cup dried cranberries (about 2 ounces)  
 3 tablespoons orange marmalade  
 2 tablespoons orange juice  
 2 teaspoons grated orange peel  
 ¼ teaspoon ground allspice (optional)

1. Combine cranberry juice concentrate and sugar in medium saucepan.
2. Bring to boil over high heat, stirring until sugar dissolves.
3. Add fresh and dried cranberries and cook until dried berries begin to soften and fresh berries begin to pop, stirring often, about 7 minutes.
4. Remove from heat and stir in orange marmalade, orange juice, orange peel, and allspice.
5. Cool completely – cover and chill until cold, about 2 hours.
6. Can be made up to 3 days ahead, refrigerated.

*Recipe provided by Bon Appetit*

**Makes about 14 ¼-cup servings**

### Nutrition Information for each serving of Triple-Cranberry Sauce:

Calories	67	Cholesterol	0 mg	Sugar	8 g	Calcium	3 mg
Calories from Fat	0	Sodium	0 mg	Protein	0 g	Iron	0 mg
Total Fat	0 g	Total Carbohydrate	17 g	Vitamin A	1 RE		
Saturated Fat	0 g	Dietary Fiber	1 g	Vitamin C	13 mg		

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

### U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.