

# CRANBERRY SAUCE

## CANNED

for use in the USDA Household Commodity Food Distribution Programs

Revised: 02/23/04

### Product Description

**Canned cranberry sauce** is a strained jellied or semi-jellied product prepared from clean, sound, mature cranberries sweetened with high fructose corn syrup/corn sweetener and water.

### Pack/Yield

Cranberry sauce is packed in 16 ounce cans. Each can will provide eight ¼-cup servings.

### Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store leftover cranberry sauce in a covered container and refrigerate. Use within 2 to 3 weeks.

### Uses and Tips

- Canned cranberry sauce can be used right out of the can and served with poultry or pork.

*(See recipes on reverse side)*



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- Use canned cranberry sauce in sauce recipes, such as barbecue.
- Use canned cranberry sauce in fruit desserts or salads.

### Nutrition Information

- **Cranberry Sauce** is a no-fat, no-cholesterol, low sodium food.
- ¼ cup of cranberry sauce provides ½ serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

Nutrition Facts	
Serving size ¼ cup (70g) canned cranberry sauce	
Amount Per Serving	
<b>Calories</b> 110	Fat Cal 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 26g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 21g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Glazed Pork Roast

- 1 16-ounce can cranberry sauce
- 1/3 cup orange juice
- 1/2 teaspoon grated orange rind
- 1/2 teaspoon dried sage
- 2 1/2-pound to 3 1/2-pound boneless pork roast
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

*Recipe provided by Ocean Spray*

1. In a medium saucepan combine the cranberry sauce, orange juice, orange rind, and sage. Bring mixture to a boil over medium heat. Reduce heat and simmer, uncovered for 5 minutes. Set aside 1 cup glaze to serve with cooked pork.
2. Place pork roast in a 13" x 9" roasting pan. Season with salt and pepper. Bake, uncovered, for 1 hour until internal temperature reaches 160°F on a meat thermometer. Baste frequently with remaining glaze during baking. Discard any unused basting glaze.
3. Let roast stand 10 minutes before serving. Serve glaze either warm or room temperature.

**Makes 6 to 8 servings**

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### Nutrition Information for each serving of Glazed Pork Roast:

Calories	435	Cholesterol	87 mg	Sugar	19 g	Calcium	38 mg
Calories from Fat	148	Sodium	305 mg	Protein	40 g	Iron	1.2 mg
Total Fat	16.5 g	Total Carbohydrate	29 g	Vitamin A	5 RE		
Saturated Fat	5.6 g	Dietary Fiber	1 g	Vitamin C	7 mg		

## Apple-Cranberry Crisp

### **Topping**

- 1 1/2 cups oatmeal
- 1/2 cup brown sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon cinnamon
- 1/4 cup margarine, melted
- 2 tablespoons water

### **Filling**

- 1 16-ounce can cranberry sauce
- 2 tablespoon cornstarch
- 5 cups peeled, thinly-sliced apples (about 5 medium)

*Recipe provided by Cala Creek Consumer Alert*

### **Topping**

1. Preheat oven to 375°F. Combine oats, brown sugar, flour, and cinnamon. Blend in melted margarine and water. Mix until crumbly.

### **Filling**

2. Combine cranberry sauce and cornstarch in a large saucepan. Mix well. Heat over medium-high heat, stirring occasionally, 2 minutes until sauce bubbles. Add apples, tossing to coat. Spoon into 8" square baking pan. Spread crumbled topping over fruit.
3. Bake at 375° 25-35 minutes until apples are tender. Serve warm.

**Makes 9 servings**

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### Nutrition Information for each serving of Apple Cranberry Crisp:

Calories	274	Cholesterol	0 mg	Sugar	36 g	Calcium	28 mg
Calories from Fat	49	Sodium	114 mg	Protein	1 g	Iron	2.8 mg
Total Fat	5.4 g	Total Carbohydrate	56 g	Vitamin A	159 RE		
Saturated Fat	1.0 g	Dietary Fiber	2 g	Vitamin C	2 mg		

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

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