

PEARS

FRESH

for use in the USDA Household
Commodity Food Distribution Programs

04/17/03

Product Description

Fresh Pears are U.S. No. 2 or better. They are the D'Anjou winter variety.

Pack/Yield

- Pears are packed in commercial style cartons. Types of pack and size requirements are: 90 to 165 pears per tray pack or wrapped pack.
- One small fresh pear provides about ½ cup of fruit.

Storage

- Pears should be stored in the refrigerator in a relatively humid area that is well ventilated. The length of time pears can be stored depends on the variety, source, and condition at time of harvesting.

Uses and Tips

- Serve fresh pears whole or sliced and use in salads or desserts.
- Serve baked or as a garnish for main dishes.
- Use diced fresh pears in stuffing for fish, pork, poultry, or broiled with hamburgers.
- Ripen fresh pears at cool room temperature. To determine ripeness, press gently against the stem end of the fruit. If it gives slightly, the D'Anjou pear is ripe and ready to eat.



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- Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving.
- To prevent cut pears from browning, dip in a lemon juice and water solution, 1 part juice to 3 parts water.

Nutrition Information

- Pears are a **good** source of Vitamin C and copper, and an **excellent** source of chromium and dietary fiber.
- 1/2 pear provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts			
Serving size 1 pear with skin (200g)			
Amount Per Serving			
Calories	120	Fat Cal	0
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 30g			10%
Dietary Fiber 5g			21%
Protein 1g			2%
Chromium 30%		Copper 11%	
Vitamin A 1%		Vitamin C 13%	
Calcium 2%		Iron 3%	
*Percent Daily Values are based on a 2,000 calorie diet.			

Pear Cranberry Muffins

½ cup sugar
2 cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1 teaspoons baking powder
2 ripe pears, medium sized, stems and cores removed, grated
2 eggs
¼ cup vegetable oil
1 cup cranberries

1. Preheat oven to 375°F.
2. Mix dry ingredients.
3. Beat together grated pear, eggs, and oil. Stir into dry ingredients.
4. Add cranberries and mix gently.
5. Put batter in greased muffin pans and bake for 20 minutes.

Makes 12 muffins

Recipe provided by fruitfromwashington.com

Nutrition Information for Pear Cranberry Muffins:

Calories	190	Cholesterol	35 mg	Sugar	12 g	Calcium	17 mg
Calories from Fat	50	Sodium	190 mg	Protein	3 g	Iron	1 mg
Total Fat	6 g	Total Carbohydrate	30 g	Vitamin A	17 RE		
Saturated Fat	1 g	Dietary Fiber	2 g	Vitamin C	2 mg		

Confetti Fruit Salad

1 orange (large), peeled and sectioned
1 fresh pear (medium), cubed
2 bananas, sliced
1 cup red or purple grapes
½ cup prunes, diced
1/3 cup walnuts, toasted

1. In a medium bowl, combine orange, pear, banana, grapes, prunes, and walnuts.
2. In another bowl, combine yogurt and spices to make dressing.
3. Just before serving, add dressing to fruit and toss well.

Yogurt Dressing:

Makes 6 servings

1 cup lowfat vanilla yogurt
¼ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg or cardamom

Recipe adapted from Produce For Better Health Foundation. Visit www.aboutproduce.com for more pear recipes.

Nutrition Information for Confetti Fruit Salad:

Calories	210	Cholesterol	<5 mg	Sugar	23 g	Calcium	99 mg
Calories from Fat	40	Sodium	30 mg	Protein	5 g	Iron	<1 mg
Total Fat	4.5 g	Total Carbohydrate	37 g	Vitamin A	46 RE		
Saturated Fat	0.5 g	Dietary Fiber	4 g	Vitamin C	20 mg		

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

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