

CHERRIES, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

- **Canned Cherries** are red, tart, pitted cherries packed in water.

Pack/Yield

- Cherries are packed in a #300 can, which is about 2 cups in volume.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Store opened cherries in a covered container and refrigerate. Use within 2 to 4 days.

Uses and Tips

Water-packed cherries are excellent in baked desserts: pies, cobblers, crisps, cakes, cookies, muffins, as well as in dessert sauces for puddings, cakes, custards, ice cream, and pancake toppings.

(See recipes on reverse side)



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Nutrition Information

- **Cherries** are low in fat, calories, and sodium and are a good source of Vitamin A.
- ½ cup of cherries provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size ½ cup (122g)	
Canned, red, tart, pitted cherries	
Amount Per Serving	
Calories 44	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 11g	3%
Dietary Fiber 1g	4%
Protein 1g	
Vitamin A 18%	Vitamin C 4%
Calcium 1%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet.	

Best Cherry Pie

1 cup sugar
1/3 cup flour
2 cans red tart Cherries, drained, reserving juice
¼ teaspoon red food coloring (optional)
¼ teaspoon almond extract (optional)
1 tablespoon margarine or butter
Pastry for double-crust 9-inch pie

Recipe provided by allrecipes.com

1. Preheat oven to 425°F.
2. In a saucepan, combine sugar and flour.
3. Blend in 1 cup reserved cherry juice. Bring to a boil, stirring often. Reduce heat and simmer for 5 minutes, until thickened.
4. Remove from heat and add food coloring (optional), almond extract (optional), and margarine. Cover and refrigerate.
5. Roll out half of pastry and line a 9" pie pan.
6. Roll out other half of pastry into an 11" circle – cut into eight ½" strips.
7. Pour cooled cherry filling into pastry-lined pie pan – lay pastry strips horizontally and then vertically across the top of the pie. Crimp edges with forefinger of one hand pressed into thumb of the other hand, to seal edges.
8. Bake 30-35 minutes until crust is brown and filling is bubbling.

Makes 8 servings

Nutrition Information for each serving of Cherry Pie:

Calories	398	Cholesterol	0 mg	Sugar	33 g	Calcium	18 mg
Calories from Fat	154	Sodium	132 mg	Protein	4 g	Iron	2.8 mg
Total Fat	17.1 g	Total Carbohydrate	58 g	Vitamin A	99 RE		
Saturated Fat	4.7 g	Dietary Fiber	2.1 g	Vitamin C	2 mg		

Cherry Torte

2 cans red tart Cherries with juice
1½ cups sugar
¼ cup cornstarch
2½ cups oats
2 cups flour
1 teaspoon baking soda
1 cup packed brown sugar

Recipe provided by wisconsinrecipes.com

1. Combine sugar and cornstarch in saucepan.
2. Add undrained cherries.
3. Bring to a boil over medium heat, stirring constantly, until thickened. Set aside.
4. Mix oats, flour, baking soda, and brown sugar until crumbly.
5. Place half of crumb mixture into 9" x 9" baking pan.
6. Pour cooked cherry mixture over crumbs.
7. Top with other half of crumbs.
8. Bake at 350°F for 30-35 minutes until lightly browned.

Makes 8 servings

Nutrition Information for each serving of Cherry Torte:

Calories	512	Cholesterol	0 mg	Sugar	70 g	Calcium	53 mg
Calories from Fat	17	Sodium	178 mg	Protein	8 g	Iron	4.4 mg
Total Fat	1.9 g	Total Carbohydrate	118 g	Vitamin A	82 RE		
Saturated Fat	.3 g	Dietary Fiber	4 g	Vitamin C	2 mg		

Cherry Muffins

2 cups flour
1 tablespoon + 1 teaspoon baking powder
¾ cup sugar
1 cup canned tart Cherries (drained)
2 eggs
¼ cup melted margarine
1 cup lowfat milk

Cinnamon-Sugar Topping

1/8 teaspoon cinnamon
¼ cup sugar

1. Place muffin paper cups in ungreased muffin tins.
2. Sift dry ingredients together in large bowl. Add cherries to dry mix and mix until well coated.
3. In a small bowl, beat eggs well. Add melted margarine and milk. Quickly stir liquid mixture into dry mix. Do not overmix, as overblending will cause a tough texture.
4. Fill muffin cups ¾ full, and sprinkle each muffin lightly with 1 teaspoon of cinnamon-sugar topping.
5. Bake at 400° F for 20 minutes until nicely browned.

Makes 12 muffins

Nutrition Information for each serving of Cherry Muffins:

Calories	202	Cholesterol	36 mg	Sugar	19 g	Calcium	89 mg
Calories from Fat	45	Sodium	200 mg	Protein	4 g	Iron	1.3 mg
Total Fat	5.0 g	Total Carbohydrate	35 g	Vitamin A	80 RE		
Saturated Fat	1.1 g	Dietary Fiber	0 g	Vitamin C	0 mg		

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

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