

CRANBERRIES, SLICED, DRIED

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

Sweetened **dried cranberries** are processed from whole premium USDA Grade No. 1 fresh cranberries. They are sprayed with a sugar solution to balance tartness and give them appropriate texture and mouthfeel. They are also sprayed with oil to prevent sticking together.

Pack/Yield

Dried cranberries are packed in 30 ounce pouches. Each bag provides 28 ¼-cup servings.

Storage

- Store unopened dried cranberries in a cool, dry place off the floor not exceeding 65°F. Shelf life is extended if stored below 45°F.
- For best quality, opened, dried cranberries should be used within 12 months if stored below 65°F; 18 months if stored below 45°F. Best storage is at low humidity, so refrigeration is excellent for storage.

Uses and Tips

- Dried cranberries are a quick and easy snack, and can be eaten right out of the package.

(See recipes on reverse side)



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- Use as a tasty addition to trail mix, quick breads, muffins, desserts, sauces, salsa, and salads.
- Sprinkle dried cranberries over cold or cooked cereals – dried cranberries can also be cooked in the cereal.
- Dried cranberries are a delicious addition to chopped chicken or turkey salads.

Nutrition Information

- Dried **cranberries** are a no-fat, no cholesterol, no sodium food.
- ¼ cup of dried cranberries provides ½ serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

Nutrition Facts	
Serving size ¼ cup (30g) dried cranberries	
Amount Per Serving	
Calories 97	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cranberry Granola Bars

½ cup honey
 2 tablespoons + 2 teaspoons brown sugar
 1 tablespoon + 1 teaspoon oil
 1½ cups oats
 1¼ cups toasted rice cereal
 1¼ cups dried cranberries

Recipe provided by Ocean Spray Test Kitchen

1. Combine honey, brown sugar, and oil in a small saucepan. Heat over low heat until well mixed.
2. Mix oats, rice cereal, and cranberries. Add honey mixture and stir until thoroughly combined.
3. Pat firmly into an 8" x 8" baking pan.
4. Bake in 350°F oven for 15 minutes; press mixture firmly, once more, into the bottom of the pan. Bake 5 more minutes.
5. Cool completely. Refrigerate, at least one hour, for easier cutting. Cut 4x6 for **24 bars**.

Nutrition Information for each serving of Cranberry Granola Bars:

Calories	79	Cholesterol	0 mg	Sugar	12 g	Calcium	4 mg
Calories from Fat	9	Sodium	11 mg	Protein	0 g	Iron	.3 mg
Total Fat	1.0 g	Total Carbohydrate	16 g	Vitamin A	19 RE		
Saturated Fat	.1 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Crimson Slaw

½ head (1 pound 8 ounces) red cabbage, shredded
 ½ red onion, thinly sliced
 ¼ onion, thinly sliced
 4 tablespoons oil
 2 tablespoons vinegar
 2 tablespoons sugar
 ½ teaspoon salt
 ¼ teaspoon black pepper
 1 ½ cups dried cranberries

Recipe provided by Ocean Spray Cranberries, Inc.

1. Toss cabbage and onions together in a large mixing bowl.
2. Mix oil, vinegar, sugar, salt, and pepper together in a small bowl to make a dressing.
3. Pour dressing over cabbage mixture; toss with cranberries.
4. Marinate in refrigerator for 1 hour.

Serves 6

Nutrition Information for each serving of Crimson Slaw:

Calories	231	Cholesterol	0 mg	Sugar	34 g	Calcium	62 mg
Calories from Fat	84	Sodium	206 mg	Protein	1 g	Iron	.8 mg
Total Fat	9.4 g	Total Carbohydrate	36 g	Vitamin A	4 RE		
Saturated Fat	1.6 g	Dietary Fiber	3 g	Vitamin C	65 mg		

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

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