



USDA Foods in Schools

100242 - Blueberries, Wild, Frozen Category: **Fruit**



Product Description

- This item is U.S. Grade B or better frozen blueberries in the native (wild) variety that are unsweetened. Product is delivered frozen in eight 3-pound packages.

Crediting/Yield

- One case of wild blueberries provides about 180 1/2-cup servings of thawed fruit.
- CN Crediting: 1/2 cup thawed blueberries credits as 1/2 cup fruit.

Culinary Tips and Recipes

- Add wild blueberries in frozen form to smoothies, muffins, or pancake batters.
- Serve frozen wild blueberries in fruit salads or yogurt. Cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- To find culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2cup (70g) blueberries, wild, frozen, unsweetened

Amount Per Serving

Calories 40

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 9g

Dietary Fiber 3g

Sugars 5g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.