

A366 – BLUEBERRIES, FROZEN, WILD, IQF, 30 LB



Nutrition Information

Blueberries, wild, frozen, unsweetened

	¼ cup (39 g)	½ cup (78 g)
Calories	17	34
Protein	0.28 g	0.55 g
Carbohydrate	4.06 g	8.11 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.43 mg	0.86 mg
Calcium	6 mg	12 mg
Sodium	0 mg	1 mg
Magnesium	2 mg	4 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	64 IU	127 IU
Vitamin C	0.8 mg	1.7 mg
Vitamin E	0.19 mg	0.37 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better blueberries, unsweetened. Native type (wild), individually quick frozen (IQF).
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve fruit. One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve fruit. CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

