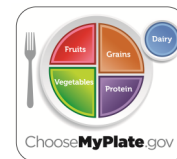


Cranberries, Dried

MyPlate Food Group: **Fruit**



Product Description

- Cranberries are U.S. Grade B, dried, sliced cranberries that may contain added sweeteners and a light oil coating to prevent clumping.

Storage

- Store unopened packages in a cool, dry place.
- After opening, keep package of remaining dried cranberries tightly closed, or store in zip-top plastic bag.

Uses and Tips

- Dried cranberries are ready-to-eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings, and baked items.
- Dried cranberries may be combined with peanuts, sunflower seeds, or granola to make a trail mix.
- Dried cranberries keep cookies and cakes moist.
- Toss dried cranberries in fresh vegetable salads and pasta salads.

Nutrition Information

- ¼ cup (1 package) of dried cranberries count as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ¼ cup (1 package) cranberries, dried

Amount Per Serving			
Calories	92	Calories from Fat	0
-% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrate	25g		9%
Dietary Fiber	2g		5%
Sugars	22g		
Protein	0g		
Vitamin A	0%	Vitamin C	1%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts panel or ingredient list for product-specific information.