



USDA Foods in Schools

100225 - Pears, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B (Grade A for defects) canned diced pears made from Bartlett variety pears. This item is packed in extra light syrup or Juice and is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 114 1/2-cup servings drained, diced pears.
- CN Crediting: 1/2 cup diced pears credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Serve diced pears plain or as an ingredient in fruit salad, fruit salsa or topping for whole grain pancakes.
- For 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: 1/2 cup (130g) pears, diced, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 16g

Dietary Fiber 2g

Sugars 12g

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.