



Dried Fruits

Purchasing Specifications

Availability:

Year round

Receiving Information:

- Good quality dried fruits should be well colored. Avoid dried fruit that is darkened, moldy, or insect damaged.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Dark or brown discoloration; flavor loss; mold; insect damage: These are signs of damage to exposing dried fruits to high temperatures.

- Sugaring on surface or in flesh of dried figs, dried plums, or raisins: Storing figs, dried plums, or raisins in a warm area may cause sugar accumulation on the surface or in the flesh.
 - Excessive drying: Storing dried fruits in a warm area with extremely low humidity may result in excessive drying.
- Varieties/types typically used:
 - Apricots: Blenheim and Tilton
 - Figs: Calimyrna and Mission
 - Peaches: freestone varieties over clingstone
 - Pears: Bartlett
 - Plums: Dried plums used to be called dried prunes. Only specific plum varieties that will dry whole are used.
 - Raisins: Natural seedless and golden seedless

Nutrition Facts

Serving Size: raisins, small box (1.5 oz)

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 129		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 5mg	0%	
Total Carbohydrates 34g	26%	
Dietary Fiber 2g	6%	
Sugars 25g		
Protein 1g	3%	
Potassium 322mg	7%	
Vitamin A 0%	Vitamin C 1%	
Calcium 2%	Iron 4%	

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