

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-19-07)

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### A442 – PEARS, FRESH, BOSC, WHOLE, CASE



### Nutrition Information

Pear, whole, raw

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 2 or better. Fresh pears, Bosc winter variety.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>45 lb case. Each case contains a count of 100 pears.</li> <li>One lb AP yields 0.94 lb (about 3 cups) ready-to-cook or serve raw, cored, wedged pear and provides about 12.0 ¼-cup servings (about ¼ pear) raw pear OR provides about 2.29 1¼-cup servings (1 whole pear) fruit.</li> <li>CN Crediting: ¼ pear provides ¼ cup fruit. 1 whole pear provides 1¼ cups fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>The best storage temperature for pears is 32 to 35 °F (although 32 °F is acceptable) with a relative humidity of 90-95 percent. Keep pears in a well-ventilated area away from walls. The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Ripen fruit in original containers at 65 to 70 °F and, if possible, 90-95% relative humidity. Indications of being ripe are a yellow skin color, pear aroma, and flesh that gives to gentle palm pressure.</li> <li>Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving. To prevent cut pears from browning, dip in a lemon juice and water mixture.</li> </ul>

	1 medium (166 g)
Calories	96
Protein	0.63 g
Carbohydrate	25.66 g
Dietary Fiber	5.1 g
Sugars	16.27 g
Total Fat	0.20 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.28 mg
Calcium	15 mg
Sodium	2 mg
Magnesium	12 mg
Potassium	198 mg
Vitamin A	38 IU
Vitamin A	2 RAE
Vitamin C	7.0 mg
Vitamin E	0.20 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes. Use diced fresh pears in stuffing for fish, pork, poultry, or broiled with hamburgers. Add sliced pears to fresh fruit salad.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Wash pears thoroughly before using.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>

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