

# Frozen Blackberries

## Product Information



LFS code: LFS005  
Farm: Sidhu Farms  
Units/case: Bulk  
Case Weight: 20 lbs.  
Servings/case: 90

## Product Description

Blackberries, frozen, whole, unsweetened

## Crediting & Yield

- One 20-pound case of frozen blackberries contains 90 1/2-cup thawed servings of blackberries.

Serving Size: 1/2 cup thawed blackberries  
Meat or M/A: ---  
Grain: ---  
Vegetables: ---  
Fruit: 1/2 cup fruit

*Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.*

## Culinary Tips & Resources

- Serve frozen blackberries in fruit salads or over yogurt. Cook and serve as topping for hot cereals, whole grain pancakes, or waffles.
- Add frozen blackberries last to fruit salads or other mixtures so berries will not be crushed or discolor other fruits.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

## Food Safety

For information on safe storage, cooking temperatures, and handling practices:

[Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

## Nutrition Facts

Serving Size: 1/2 cup frozen blackberries

Amount Per Serving

**Calories 48**

**Total Fat** 0g

Sat. Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 1mg

**Carbohydrates** 12g

Dietary Fiber 4g

Sugars 8g

**Protein** 1g

Source [USDA Data Food Central](#)