

Blueberries, Frozen
Ing # 902730
Recipe # 02916

Columbia



Kosher

Pareve

F.R.U.I.T.

2526 DIKE RD.

WOODLAND, WA 98674

www.columbia-fruit.com

360.725.9575

Imperial
SUSCO

Berry Perfect

THAWING INSTRUCTIONS

1. Thaw in bag at room temperature for 30 minutes,
2. Drain off Juice*
3. Place product in serving container.

*It is important that juice is drained from the serving container periodically as the product thaws. Draining juice ensures that the fruit maintains good consistency and individual flavors.

**ONCE FRUIT IS THAWED...
DO NOT REFREEZE**

P 12/09 BEST BY 12/11 011

Nutrition Facts

Serving Size 5 oz (142g)
Servings Per Container About 16

Amount Per Serving

Calories 60 Calories From Fat 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 5 mg 0%

Total Carbohydrate 14 g 5%

Dietary Fiber 2 g 8%

Sugars 12 g

Protein 0 g

Vitamin A 0% Vitamin C 15%

Calcium 0% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS:
Whole Strawberries,
Blackberries, Blueberries,
Red Raspberries.

Berry, Mixed Frz
Ing #

Cherries, FrZ
Ing # 490585

10 Pk Red Tart Cherries



Strawberry, Frz
ing #903794

CLASS

**KEEP FROZEN
0°F OR BELOW**

Nutrition Facts

Serving Size 1/2 cup (140g)
Servings Per Container: About 21

Amount Per Serving	Calories from Fat 0	% Daily Value*
Calories 150		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Potassium 160mg		5%
Total Carbohydrate 38g		13%
Dietary Fiber 3g		10%
Sugars 35g		
Protein less than 1g		

Vitamin A 0% • Vitamin C 80%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: Strawberries and Sugar.

PRODUCT OF MEXICO

302216 • 1024363
DISTRIBUTED BY SYSCO CORPORATION
HOUSTON, TEXAS 77077-2099

Orange Juice
Ing # 990270

