



Canned Apricots

Fruits taste great and are a healthy choice at meal time! Fruits are naturally sweet and are low in fat and calories making them a great dessert or snack choice! Apricots are an excellent source of vitamin A.

Nutrition Information

Apricots are part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid, $\frac{1}{2}$ cup of canned apricot halves provides $\frac{1}{2}$ cup serving from the fruit group.

A typical person should try to eat 2 cups of fruit every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened apricots in a tightly covered plastic container in the refrigerator.

Use within 5 to 7 days.

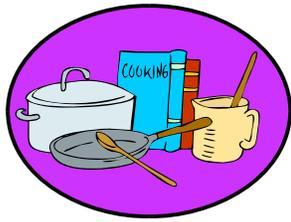
Do not use canned fruit if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Pour syrup off of canned fruit before eating, but save the syrup or juice to use in salads, or to make a fruit sauce for ice cream or pancakes.
- ✓ Add fruit to muffins, pancakes, quick breads and cakes.
- ✓ Use canned apricots in cobblers and crisps.
- ✓ Eating plain canned fruit is a healthy and delicious choice!



Know how. Know now.



Recipes



Yummy Apricot Crisp

8 servings

3 (15.5 oz.) cans apricot halves, drained
1 T. flour
2 tsp. vanilla

Crumb Topping:

1 c. flour
½ c. quick-cooking oats
½ c. sugar
⅛ tsp. salt
1 tsp. cinnamon
½ c. butter, cold

1. Preheat oven to 375°F. Grease a 1½-quart baking dish. Set aside.
2. In a small bowl, mix apricots, flour, and vanilla, until fruit is well coated. Set aside.
3. In a medium bowl, combine flour, oats, sugar, salt, and cinnamon. Cut butter into small cubes.
4. Cut butter into flour mixture using a fork or pastry blender, blend until a crumble mixture forms.
5. Spoon fruit into prepared baking dish and sprinkle crumb topping over top of fruit. Pat down firmly.
6. Bake 25 to 30 minutes or until top is a light golden brown.
7. Serve warm.

Nutrition Information per Serving: Calories 360, Total Fat 12 g (18 % DV), Saturated Fat 7 g (35% DV), Cholesterol 30 mg (10% DV), Sodium 45 mg (2% DV), Total Carbohydrate 63 g (21% DV), Dietary Fiber 5 g (20% DV), Sugars 44 g, Protein 4 g, Vitamin A 100%, Vitamin C 8%, Calcium 2%, Iron 10%.

Recipe provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.