PRODUCT DESCRIPTION
- Canned purple plums are U.S. Grade B, whole (unpeeled, unpitted) or halves (unpeeled, pitted).
- Plums are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

STORAGE
- Store unopened cans in a cool, clean, dry place.
- Store remaining opened plums in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site.

USES AND TIPS
- Canned plums are a delicious dessert served chilled directly from the can, with juice or drained. They are also a wonderful addition to any fruit salad or dessert recipe.
- Add lemon juice to make the natural flavor of the fruit stronger.
- Chopped purple plums can be added to muffin batter.
- Serve drained and heated or at room temperature with meat dishes.

NUTRITION INFORMATION
- ½ cup of plums counts as ½ cup in the MyPlate.gov Fruit Group. For a 2000-calorie diet, the daily recommendation is about 2 cups of fruit.

FOOD SAFETY INFORMATION
- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, throw it away.

OTHER RESOURCES
- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS
Serving size: ½ cup (126g) canned plums, pitted, in light syrup

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<th>Amount Per Serving</th>
<th>Calories</th>
<th>79</th>
<th>Calories from Fat</th>
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<tr>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
<td>0%</td>
<td>Saturated Fat</td>
<td>0%</td>
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<tr>
<td></td>
<td>Trans Fat</td>
<td>0%</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>0%</td>
<td></td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<td>Sugars</td>
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<td></td>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
**PLUMS-PLUS MUFFINS**  
**MAKES ABOUT 12 SERVINGS**

**Ingredients**
- Nonstick cooking spray
- 1 (14 oz.) box oat bran muffin mix
- ¾ c. apple juice
- 1 c. plums, drained and finely chopped
- ¾ c. raisins

**Directions**
1. Preheat oven to 425 degrees F.
2. Lightly spray a 12-cup muffin pan with nonstick cooking spray.
3. In medium bowl, combine muffin mix and juice until just wet. Stir in plums and raisins.
4. Spoon batter into muffin cups, to just below the rim, making sure not to fill completely.
5. Bake 14 minutes or until a toothpick or fork inserted in center comes out clean.
6. Remove muffins from pan and cool on wire rack or plate.

**Nutrition Information for 1 serving of Plum-Plus Muffins**

<table>
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<th>Nutrition Information for 1 serving of Plum-Plus Muffins</th>
<th>Calories</th>
<th>Cholesterol</th>
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<th>Protein</th>
<th>Sugar</th>
<th>Vitamin C</th>
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<td>9 mg</td>
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</table>

Recipe adapted from *The California Fruit Tree Agreement.*

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**PLUM COOL DOWN**  
**MAKES ABOUT 8 SERVINGS**

**Ingredients**
- 1 (15 oz.) can plums, drained and coarsely chopped
- 1 (6 oz.) can frozen cranberry juice concentrate
- 1 c. water

**Directions**
1. Combine all ingredients in blender.
2. Blend until smooth.

**Nutrition Information for 1 serving of Plum Cool Down**

<table>
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<tr>
<th>Nutrition Information for 1 serving of Plum Cool Down</th>
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<th>Cholesterol</th>
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</table>

Recipe adapted from *The California Fruit Tree Agreement.*

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These recipes, presented to you by USDA, have not been tested or standardized. USDA is an equal opportunity provider and employer.