

# Apricots

## Key Points

- For the best buy, choose apricots that are plump and firm with an orange to yellow color.
- To prepare fresh apricots, rinse and eat. Avoid the pit inside.
- To keep fresh, store at room temperature for up to 5 days (if the apricot is already ripe, store it in the refrigerator).
- Apricots contain vitamin A, which is good for healthy eyes and skin.



## Apricot Salsa

### Ingredients:

1 1/2 cups chopped apricots  
1 cup chopped cucumber  
2 tablespoons chopped red onion  
2 tablespoons lime or orange juice  
1 teaspoon vegetable oil  
1 tablespoon chopped parsley

### Directions:

1. Combine apricots, cucumber, red onion, lime juice, vegetable oil, and parsley in a large bowl. Stir gently.
2. Chill before serving. Enjoy!
3. Refrigerate leftovers.

**Makes 4 servings.**

## Apricot Apple Salad

### Ingredients:

1 can (15 ounces) apricots, juice drained  
2 apples  
1 cup canned pineapple, juice drained  
3/4 cup vanilla yogurt

### Directions:

1. Cut apricots into bite size pieces.
2. Core apples and cut into bite size pieces.
3. Mix apricots, apples, and pineapple in a large bowl. Add yogurt.
4. Stir gently to coat.
5. Chill before serving. Enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Replace butter (or other fats) with pureed apricots when baking.
- Travel with dried apricots to eat as a quick snack.
- Add canned apricots to oatmeal, cottage cheese or yogurt.
- Remember to rinse all fruits and vegetables before using.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Apricot Salsa**

**Recipe Name:**  
**Apricot Apple Salad**

<b>Nutrition Facts</b>			
Serving Size (151g) Servings Per Container			
Amount Per Serving			
<b>Calories 70</b>		<b>Calories from Fat 30</b>	
% Daily Value*			
<b>Total Fat 3.5g</b>			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 0mg</b>			<b>0%</b>
<b>Total Carbohydrate 10g</b>			<b>3%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 8g			
<b>Protein 1g</b>			
<b>Vitamin A 8%</b>	•	<b>Vitamin C 25%</b>	
<b>Calcium 2%</b>	•	<b>Iron 2%</b>	
*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
Saturated 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			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (201g) Servings Per Container			
Amount Per Serving			
<b>Calories 110</b>		<b>Calories from Fat 5</b>	
% Daily Value*			
<b>Total Fat 0.5g</b>			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 25mg</b>			<b>1%</b>
<b>Total Carbohydrate 26g</b>			<b>9%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 22g			
<b>Protein 2g</b>			
<b>Vitamin A 25%</b>	•	<b>Vitamin C 20%</b>	
<b>Calcium 6%</b>	•	<b>Iron 2%</b>	
*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
Saturated 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			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!