



TASTE OF THE SEASON...

C R A N B E R R I E S

Fun Facts

- Ripe cranberries will bounce.
- Cranberries are nearly 90 percent water.
- Legend has it that the Pilgrims may have served cranberries at the first Thanksgiving in 1621 in Plymouth, Massachusetts.
- Americans consume some 400 million pounds of cranberries each year. About 80 million pounds are gobbled up during Thanksgiving week.



Nutrition Facts

Serving Size 1 cup, chopped 110g (110 g)

Amount Per Serving	
Calories 51	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 0g	

Vitamin A 1% • Vitamin C 24%
 Calcium 1% • 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.

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Cranberry Grape Salad (Yield – 16 Servings)

- 8 oz. Cream Cheese
- 2 Tablespoon Whipped Topping
- 1 Cup Chopped Walnuts
- 1 Cup Chopped Raw Cranberries
- 1 Tablespoon Sugar
- 2 ½ Cup Heavy Whipping Cream
- 1 Cup Mandarin Oranges
- 8 oz. Pineapple Tidbits
- 1 Cup Grapes

1. Mix cream cheese, whipped topping and walnuts together.
2. Blend cranberries in food processor. Mix cranberries into cream cheese mixture.
3. Drain pineapple and mandarin oranges. Set aside.
4. Fold in sugar and heavy cream. Add oranges and pineapple and grapes.
5. Chill to 40 degrees F.

Wisconsin is America's No.1 cranberry-producing state with more than 3 million barrels (100 pounds per barrel).

Storage Tips:

- Cranberries can be stored in the refrigerator for two to three weeks.

Selecting Tips:

Most cranberries are sold bagged. Choose bags that do not have any moisture on them as moisture can cause cranberries to spoil. Choose cranberries that are firm.

A few quick serving ideas—

- ❖ Sprinkle a handful of dried cranberries over a bowl of hot oatmeal or any cold cereal.
- ❖ Combine unsweetened cranberry with your favorite fruit juice for a refreshing drink.
- ❖ Add a little fruit juice, honey or maple syrup to chopped, fresh cranberries.

