

cactus pears

Botanical Name: Opuntia ficus-indica, Opuntia tuna
Other Names: Prickly Pear, Tuna, Indian Fig, Indian Pear, Barbary Fig

A staple of the Native American diet for centuries, Cactus Pears are most commonly found in the US and Mexico. They are a member of the berry family and there are thought to be more than 300 species.



Great in fruit drinks or smoothies

Sweet and crunchy

description	?	retail/display	☰	availability
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SMTWTFSS
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Cactus Pears are the size of a small avocado. The skin is slightly prickly, firm and ranges in color from medium green to dark magenta. Green Pears have light green flesh and Red Pears have deep magenta. Both are filled with crunchy, black edible seeds and are sweet with a texture similar to watermelon.

Cactus Pears will have the longest shelf life displayed at 40°F for up to two weeks. Merchandise Cactus Pears with other Latin, specialty or tropical fruits.

August - April;
Product of U.S.A. and Mexico.

pack/upc/plu	☐	selection/storage	▮	usage	🍴
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30-36ct.
PLU: 4255

Select fruits that display a deep color. Ripen at room temperature until slightly soft. Store refrigerated for up to one week.

Peel skin or cut lengthwise to scoop out interior with spoon. Enjoy as a snack or use to make marmalades or jam or add to blended drinks such as smoothies and margaritas.

Nutrition Facts	
Serving Size 140g	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 13g	4%
Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 35%
Calcium 8%	Iron 2%
*Percent Daily Values (DV) are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs	

Molded Cactus Pear-Berry Salad

- 1 3-oz. pkg. strawberry-flavored gelatin
- 1 1/2 cups boiling water
- 1 3-oz. package cream cheese, softened
- 1/2 cup strawberry low-fat yogurt
- 3 Frieda's Cactus Pears, peeled and diced

In a bowl, dissolve gelatin in boiling water; cool to room temperature. In a medium mixing bowl, beat together cream cheese and yogurt until blended. Stir cooled gelatin mixture into cream cheese mixture. Chill until partially set (consistency of unbeaten egg whites). Gently fold in cactus pears. Turn into a 4-cup mold. Chill until firm. Makes 6 to 8 servings.

