

A350 – APPLESAUCE, CANNED, UNSWEETENED, #10



Nutrition Information

Applesauce, unsweetened, without salt

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned, unsweetened applesauce, regular (pureed) form.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. One #10 can AP yields about 108 oz (12 cups) applesauce and provides about 47.6 ¼-cup servings applesauce. CN Crediting: ¼ cup applesauce provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned applesauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned applesauce covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Applesauce can be used right from the can, chilled or at room temperature.

	¼ cup (61 g)	½ cup (122 g)
Calories	26	52
Protein	0.10 g	0.21 g
Carbohydrate	6.89 g	13.77 g
Dietary Fiber	0.7 g	1.5 g
Sugars	6.15 g	12.31 g
Total Fat	0.03 g	0.06 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.07 mg	0.15 mg
Calcium	2 mg	4 mg
Sodium	1 mg	2 mg
Magnesium	2 mg	4 mg
Potassium	46 mg	92 mg
Vitamin A	18 IU	35 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	0.7 mg	1.5 mg
Vitamin E	0.13 mg	0.27 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none"> • Serve chilled applesauce plain, with raisins, or spiced as a side dish or dessert. Applesauce mixed half and half with cranberry sauce is tasty with poultry or pork. Applesauce may be added to meatloaf as a replacement for the liquid. Hot or cold applesauce with chopped nuts or grated orange rind is a good topping for pancakes, French toast, or waffles. Top gingerbread with chilled applesauce. Use applesauce as directed in recipes for baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Can linings might discolor or corrode when metal reacts with some foods for various reasons. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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