



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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100208 – APPLESAUCE, CANNED, UNSWEETENED, #10

Nutrition Information

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.

Applesauce, unsweetened, without salt

	¼ cup (61 g)	½ cup (122 g)
Calories	26	51
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