



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-13-13)

Visit us at www.fns.usda.gov/fdd

100206 – APPLE SLICES, CANNED, UNSWEETENED, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned apple slices packed in water without salt or nutritive sweeteners.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz (13$\frac{1}{3}$ cups) fruit and juice. One #10 can AP yields about 92 oz (about 12$\frac{1}{4}$ cups) drained apple slices and provides about 49.0 $\frac{1}{4}$-cup servings drained, sliced apple OR about 53.4 $\frac{1}{4}$-cup servings fruit and juice. CN Crediting: $\frac{1}{4}$ cup sliced apple and juice OR $\frac{1}{4}$ cup drained sliced apple provides $\frac{1}{4}$ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned apple slices 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 apple slices 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.

Apples, sliced, unsweetened, in water

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (125 g)
Calories	18	35
Protein	0 g	0 g
Carbohydrate	4.5 g	9 g
Dietary Fiber	0.5 g	1 g
Sugars	3.5 g	7 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.44 mg
Calcium	0 mg	0 mg
Sodium	2.5 mg	5 mg
Magnesium	0 mg	0 mg
Potassium	42.5 mg	85 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.6 mg	1.2 mg
Vitamin E	0 mg	0 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-13-13)

Visit us at www.fns.usda.gov/fdd

100206 – APPLE SLICES, CANNED, UNSWEETENED, #10

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. • Apple slices can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> • Use sliced apples in salads, mixed fruit compotes, apple crisp, cobblers, pies, or other desserts. • Use when preparing mixed fruit salads or preparing apple pies and turnovers. Drain well to use in apple nut breads and apple cake.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • 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 Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."