



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-05-13)

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

100208 – APPLESAUCE, CANNED, UNSWEETENED, #10

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.

Nutrition Information

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



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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. 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 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.

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