



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 5-1-13)

110361 – APPLESAUCE, CUPS, UNSWEETENED, 4.5 OZ

Nutrition Information

Applesauce, unsweetened

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A unsweetened applesauce, regular (pureed) form. Packed in 4.5 oz single serve cups.
PACK/YIELD	<ul style="list-style-type: none"> 96/4.5 oz cups per case. One 4.5 oz cup AP provides ½ cup serving applesauce. CN Crediting: One 4.5 oz cup applesauce provides ½ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened applesauce in a cool, dry place. Never store in a damp storage area or any place exposed to high or low temperature extremes. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Applesauce can be consumed right from the single-serve container, chilled or at room temperature.

		½ cup (122 g)
Calories		51
Protein		0.2 g
Carbohydrate		14 g
Dietary Fiber		1 g
Sugars		12 g
Total Fat		0.1 g
Saturated Fat		0.01 g
<i>Trans</i> Fat		0 g
Cholesterol		0 mg
Iron		0.3 mg
Calcium		5 mg
Sodium		2 mg
Magnesium		4 mg
Potassium		90 mg
Vitamin A		35 IU
Vitamin A		1 RAE
Vitamin C		1.2 mg
Vitamin E		0.2 mg



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USES AND TIPS	<ul style="list-style-type: none"> • Ideal for situations requiring shelf-stable, single-serve foods (such as field trips). • Meets the requirement for ½ cup fruit at lunch for schools.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Ensure that each container remains sealed until served.
ADDITIONAL 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 this 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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