

Applesauce



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8395 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| APPLESAUCE SWT | 1/2 Cup | READY TO EAT | 179990 |

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|--------------------------|--------------------------|
| Calories | 70.00 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.00mg |
| Carbohydrates | 19.00g |
| Fiber | 1.00g |
| Total Sugar | 16.00g |
| Added Sugar | 5.00g |
| Protein | 0.00g |
| Vitamin A 0.00mcg | Vitamin C 90.00mg |
| Calcium 0.00mg | Iron 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available