

USDA Foods Product Information Sheet

For Child Nutrition Programs



100208—Applesauce, Unsweetened, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A regular canned applesauce with no added sweetener. This product is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of applesauce cups provides about 143 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or with toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving

Calories 51

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 11g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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