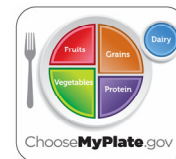




**USDA Foods  
in Schools**

**100258– Apples, Sliced, Frozen**  
Category: **Fruit**



### Product Description

- This item is U.S. Grade A frozen apple slices that are unsweetened. This product is delivered frozen in 30-pound cases.

### Crediting/Yield

- One case of frozen apples yields about 191 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup thawed apples credits as ½ cup fruit.

### Culinary Tips and Recipes

- Serve thawed apples plain or combine with other fruits as part of a chilled fruit salad.
- Heat apples and add cinnamon to make a fruit treat or a fruit topping for whole grain pancakes or waffles.
- To find culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

## Nutrition Facts

Serving size: 1/2 cup (87g) apples, froze sliced

### Amount Per Serving

**Calories** 42

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 3mg

**Total Carbohydrate** 11g

Dietary Fiber 1g

Sugars 9g

**Protein** 0g

Source: [USDA FoodData Central](#)

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

Nutrient values in this section are from the USDA Food Composition Database 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.