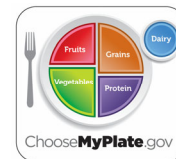




**USDA Foods  
in Schools**

## 110541 - Applesauce, Unsweetened, Canned

Category: **Fruit**



### Product Description

- This item is U.S. Grade A unsweetened canned applesauce. This product is available in cases containing six #10 cans. This product is required to contain a commercial kosher certification with approved symbols identified in the specification.

### Crediting/Yield

- One case of applesauce cups provides about 142 ½-cup servings.
- CN Crediting: 1/2 cup applesauce credits as 1/2 cup fruit.

### Culinary Tips and Recipes

- Serve applesauce plain or with toppings such as raisins or spices like cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- For 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 (127g) applesauce, unsweetened

#### Amount Per Serving

**Calories** 60

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 5mg

**Total Carbohydrate** 15g

Dietary Fiber 1g

Sugars 12g

**Protein** 0g

Source: USDA Foods Vendor Labels

**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.