



110361 - Applesauce, Unsweetened, Cups

Category: **Fruit****Product Description**

- This item is U.S. Grade A unsweetened applesauce. This product is available in cases containing 96 4.5-ounce individual portion plastic cups.

Crediting/Yield

- One case of applesauce cups provides 96 ½-cup servings.
- CN Crediting: 1/2 cup applesauce credits as 1/2 cup fruit.

Culinary Tips and Recipes

- Serve applesauce cups plain or add toppings such as raisins or spices like cinnamon and nutmeg to make a healthy dessert.
- Use individual portion applesauce cups for field trips, snacks, or breakfast in the classroom.
- 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**Nutrition Facts**

Serving size: 1/2 cup (128g) applesauce, unsweetened

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 15mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 18g

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.

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.