

100514 – Apples, Red Delicious, Fresh
Category: **Fruit****Product Description**

- This item is U.S. Fancy Grade Red Delicious apples. The apples are packed in a 40 pound case in either tray packs (size 100-150) or cell packs (size 96-140).

Crediting/Yield

- One case of raw, unpeeled apples provides about 296 ½- cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit.

Culinary Tips and Recipes

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Nutrition Facts

Serving size: 1/2 cup (55g) fresh Red Delicious apple slices

Amount Per Serving

Calories 32

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 8g

Dietary Fiber 1g

Sugars 6g

Protein 0g

Source: [USDA FoodData Central](#)

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

Allergen Information: Product does not contain any of the 8 major allergens designated by the FDA.

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.