



APPLESAUCE, CANNED, UNSWEETENED

Date: August 2012

Code: 100207

PRODUCT DESCRIPTION

- Canned unsweetened applesauce is U.S. Grade A with natural color and flavor. Applesauce may have added ingredients to prevent browning. The label will state if this is so.

PACK/YIELD

- Each can contains about 15 ounces, which is about 2 cups or 4 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store opened applesauce in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Unsweetened applesauce can be served as a simple dessert, at room temperature or chilled. Sprinkle with cinnamon for an extra treat.
- Applesauce is a great fat substitute in baking cakes, muffins, breads, and other baked goods. Substitute half the amount of fat in a recipe with applesauce for lower fat baking. (For example, if a recipe calls for ½ cup oil, use ¼ cup oil and ¼ cup applesauce instead.)
- Applesauce can be a wonderful topping for potato pancakes, roasted or grilled pork, or pancakes and waffles.

NUTRITION INFORMATION

- ½ cup of applesauce counts as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (122g) canned applesauce, unsweetened

Amount Per Serving

Calories		Calories from Fat	
51		0	
% Daily Value*			
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	0mg		1%
Total Carbohydrate	14 g		4%
Dietary Fiber	1.3 g		1%
Sugars	12 g		
Protein	0 g		
Vitamin A	1%	Vitamin C	1%
Calcium	1%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

DUTCH APPLE YOGURT

MAKES ABOUT 2 SERVINGS

Ingredients

- ½ cup plain or vanilla nonfat yogurt
- ½ cup unsweetened applesauce
- 1 tablespoon raisins
- ⅛ teaspoon ground cinnamon
- 1 teaspoon brown (or regular sugar)
- 1 tablespoon nuts, or 1 tablespoon crunchy cereal such as oat cereal or corn flakes

Directions

1. Combine all ingredients in a small bowl and mix well.
2. Cover and refrigerate until chilled.
3. Eat and enjoy as a snack or dessert.

Nutrition Information for 1 serving (about ½ of recipe) of Dutch Apple Yogurt							
Calories	130	Cholesterol	5 mg	Sugar	22 g	Vitamin C	14 mg
Calories from Fat	20	Sodium	90 mg	Protein	4 g	Calcium	100 mg
Total Fat	2.5 g	Total Carbohydrate	25 g	Vitamin A	1 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

APPLESAUCE BREAKFAST CAKE

MAKES ABOUT 12 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 ½ cups flour plus 1 tablespoon
- 1 ¼ teaspoons baking powder
- ¼ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg (if you like)
- ½ cup granulated sugar (use 1 cup regular sugar if brown sugar is not used)
- ½ cup brown sugar (if you like)
- 1 egg
- 1 ¼ cup applesauce
- ¼ cup vegetable oil
- 1 teaspoon vanilla extract
- ½ cup raisins

Directions

1. Preheat oven to 350 degrees F. Coat a 9-inch bundt pan or a 8x4-inch loaf pan with nonstick cooking spray and dust with 1 tablespoon flour.
2. Combine the remaining flour (1 ½ cups), baking powder, baking soda and cinnamon. If using nutmeg, add that too. Mix well.
3. Combine sugars, egg, applesauce, oil, and vanilla. Mix into flour until combined. Stir in raisins.
4. Bake for 30-35 minutes or until cake is browned and a toothpick or fork inserted into the center comes out clean. Allow to cool in pan for 10 minutes; turn pan upside down onto a rack or plate and cool.

Nutrition Information for 1 serving of Applesauce Breakfast Cake							
Calories	210	Cholesterol	18 mg	Sugar	26 g	Vitamin C	1 mg
Calories from Fat	50	Sodium	90 mg	Protein	2 g	Calcium	48 mg
Total Fat	5 g	Total Carbohydrate	40 g	Vitamin A	6 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	1 g				

Recipes adapted from The Passionate Vegetarian Cookbook.