



## APPLE JUICE, UNSWEETENED, BOTTLE

Date: November 2012

Code: 100893

### PRODUCT DESCRIPTION

- Canned unsweetened apple juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners.
- Apple juice has added vitamin C.

### PACK/YIELD

- Apple juice is packed in 64 ounce plastic bottles, which is about 16 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened plastic bottles in a cool, clean, dry place.
- Store opened juice in a tightly covered container 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

- Apple juice can be served as a beverage chilled on its own or used as a base for punch.
- Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup seltzer or sparkling water to make a sweet fruity beverage.
- Blend apple juice with yogurt, fruit, and ice for a smoothie.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of apple juice counts as  $\frac{1}{2}$  cup in the MyPlate.gov Fruit group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- $\frac{1}{2}$  cup of apple juice provides about 80% of the recommended daily amount of vitamin C.

### 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](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (4oz) apple juice, unsweetened

#### Amount Per Serving

<b>Calories</b>	60	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 5mg		<b>0%</b>
<b>Total Carbohydrate</b> 14g		<b>5%</b>
Dietary Fiber 0g		<b>1%</b>
Sugars 12g		
<b>Protein</b> 0g		
Vitamin A 0%	Vitamin C	80%
Calcium 1%	Iron	1%

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

## PUMPKIN AND WHITE BEAN SOUP

**MAKES 6 SERVINGS**

### Ingredients

- 1 ½ cups apple juice
- 1 can (15 ounces) small white beans
- 1 small onion, finely chopped
- 1 cup water
- 1 can (15 ounces) pumpkin
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg, allspice, or ginger (if you like)
- ½ teaspoon black pepper
- ¼ teaspoon salt

### Directions

1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, juice, cinnamon, black pepper, and salt. If using nutmeg, allspice, or ginger, add that too. Stir.
3. Add the bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Nutrition Information for 1 serving of Pumpkin and White Bean Soup							
<b>Calories</b>	140	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	10 g	<b>Vitamin C</b>	30 mg
<b>Calories from Fat</b>	5	<b>Sodium</b>	420 mg	<b>Protein</b>	7 g	<b>Calcium</b>	60 mg
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	28 g	<b>Vitamin A</b>	550 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	7 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## APPLE SALAD DRESSING

**MAKES 6 SERVINGS**

### Ingredients

- ¼ cup apple juice
- ¼ cup vegetable oil
- 3 tablespoons cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- Salt and pepper (if you like)

### Directions

1. Combine all ingredients in a tightly covered jar and shake well. If using salt and pepper, add that too.
2. Serve over fresh greens or pasta salad.

Nutrition Information for 1 serving of Apple Dressing							
<b>Calories</b>	100	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	3 g	<b>Vitamin C</b>	5 mg
<b>Calories from Fat</b>	80	<b>Sodium</b>	50 mg	<b>Protein</b>	0 g	<b>Calcium</b>	2 mg
<b>Total Fat</b>	9 g	<b>Total Carbohydrate</b>	4 g	<b>Vitamin A</b>	0 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	0 g				

*Recipe adapted from Michigan Apples.*