

Maple Applesauce Topping

Meal Components: Fruits

Breakfast, Desserts, C-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned applesauce	3 lb 9 oz	1 qt 2 1/2 cups	7 lb 2 oz	3 qt 1 cup	<ol style="list-style-type: none"> In a bowl, whisk applesauce and syrup until blended. Portion with No. 16 scoop (1/4 cup). No. CCP necessary.
Maple-flavored pancake syrup	6 oz	1/2 cup	12 oz	1 cup	

Notes

Special Tip:
Use as topping for pancakes, waffles, French toast, or ice cream.

Serving

Yield

Volume

1/4 cup (No. 16 scoop) provides 1/4 cup of fruit.

25 Servings: 3 lb 15 oz

25 Servings: 1 quart 2 1/4 cups

50 Servings: 7 lb 14 oz

50 Servings: 3 quarts 1/2 cup

Nutrients Per Serving

Calories	67	Saturated Fat	0.02 g	Iron	0.23 mg
Protein	0.12 g	Cholesterol		Calcium	3 mg
Carbohydrate	17.7 g	Vitamin A	7 IU	Sodium	6 mg
Total Fat	0.12 g	Vitamin C	1.1 mg	Dietary Fiber	0.8 g