

APPLESAUCE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Canned Unsweetened Applesauce can be processed with added organic acids (such as erythorbic) to prevent oxidation (browning) if the packer so desires - the label will state if it has been added.

Pack

Unsweetened applesauce is packed in a No. 300 can, which is about two cups, or four ½-cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Store opened applesauce in a covered container and refrigerate. Use within 5-7 days.

Uses and Tips

- Unsweetened applesauce can be served at room temperature, or chilled, as a simple lowfat dessert, or used as an ingredient in recipes. Sprinkle with ground cinnamon, if desired.
- Applesauce is a great fat substitute for lowfat baking. Simply substitute half of the fat in a recipe with an equal measure of applesauce.
- Applesauce makes a wonderful addition to raspberry gelatin for a nutritious dessert.
(See recipes on reverse side)



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Nutrition Information

- **Applesauce** is a source of fiber, providing nearly 1½ grams per half-cup serving.
- It is low in sodium; it also contains no fat, saturated fat, or cholesterol.
- ½ cup of applesauce provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size ½ cup (122g) applesauce	
Amount Per Serving	
Calories 52	Fat Cal 0
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet.	

Quick And Easy Cake

1 box conventional cake mix
 1 tablespoon flour
 applesauce to substitute for vegetable oil
 6 egg whites water as directed

Recipe provided by "Food Service Director" Magazine

(A 1/3-cup substitution of applesauce for 1/3-cup vegetable oil and using 6 egg whites instead of three whole eggs will eliminate 715 calories and 87 grams of fat in the recipe. *Source: Mott's/Cadbury Beverages Inc.*)

1. Oil desired size(s) of pan(s) to prevent sticking.
2. Mix 1 tablespoon of flour into cake mix.
3. Proceed with recipe on box, substituting applesauce for oil, and egg whites for whole eggs.
4. Bake according to package directions.
5. Cool pan on rack.
6. Remove cake from pan(s) and garnish with berries or sliced fruit, such as peaches.

Makes 16 servings.

Nutrition Information for each serving of Quick And Easy Cake:

Calories	146	Cholesterol	0 mg	Sugar	0 g	Calcium	62 mg
Calories from Fat	30	Sodium	231 mg	Protein	2 g	Iron	.4 mg
Total Fat	3.4 g	Total Carbohydrate	25 g	Vitamin A	0 RE		
Saturated Fat	.5 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Apple Bread Pudding

3 cups 1% milk
 4 slightly beaten eggs
 ½ cup + 2 tablespoons sugar
 1 cup applesauce
 ¼ teaspoon salt
 1 teaspoon vanilla
 ¾ teaspoon cinnamon
 ½ cup raisins
 1 cup (4 ounces) peeled, cored, and diced apples
 1 tablespoon margarine
 3 cups dried, cubed bread

Recipe provided by Motts Foodservice

1. Lightly beat milk, eggs, sugar, applesauce, salt, vanilla, and cinnamon; stir in raisins and diced apples.
2. Oil a 9" x 9" baking pan. Spread cubed bread over the bottom of the pan.
3. Pour custard mixture over the bread. Refrigerate for 30 minutes.
4. Place pan in a larger pan of water, cover with foil, and bake at 350°F for 30 minutes. Uncover and bake an additional 15 minutes until a knife inserted in the center comes out clean.
5. Cut 3 x 4 to make **12 servings**. Can be served warm or chilled.

Nutrition Information for each serving of Apple Bread Pudding:

Calories	153	Cholesterol	73 mg	Sugar	18 g	Calcium	98 mg
Calories from Fat	31	Sodium	151 mg	Protein	4 g	Iron	.7 mg
Total Fat	3.5 g	Total Carbohydrate	26 g	Vitamin A	78 RE		
Saturated Fat	1.2 g	Dietary Fiber	0 g	Vitamin C	1 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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