



Applesauce, Canned, Unsweetened

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- 1 cup of canned applesauce counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Applesauce is naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned applesauce contains many vitamins and minerals that are important for your body.
- For specific information about canned applesauce, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Canned applesauce is a great way to add fruit in your diet when fresh fruits are not available.
- Canned applesauce does not need to be cooked or heated, it can be eaten right away.
- Canned applesauce can be used to add sweetness to other foods. For example, it can be added to plain yogurt or oatmeal.
- Canned applesauce can be added to muffins, quick breads, and other baked goods to add flavor and additional nutrients.

Storing Foods at Home

- Store unopened canned applesauce in a cool, clean, and dry place.
- After opening, take any unused applesauce out of the can and store it in a tightly covered container in the refrigerator.

MyPlate Facts

- Fiber from whole fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may also help prevent some cancers.
- Swap high-calorie foods such as chips and baked goods with a low calorie food like fruit. Making this swap often helps to maintain a healthy weight.



USDA Foods

Apple Spice Baked Oatmeal

Makes 9 servings

Ingredients:

- 1 egg, beaten
 - ½ cup applesauce, unsweetened
 - 1 ½ cups nonfat or 1% milk
 - 1 teaspoon vanilla
 - 2 tablespoons oil
 - 1 apple, chopped (about 1 ½ cups)
 - 2 cups old fashioned rolled oats
 - 1 teaspoon baking powder
 - ¼ teaspoon salt
 - 1 teaspoon cinnamon
- Topping:
- 2 tablespoons nuts, chopped (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees F. Lightly oil or spray an 8" x 8" baking dish.
2. Combine the egg, applesauce, milk, vanilla, and oil in a bowl. Mix in the chopped apple.
3. In a separate bowl, mix the rolled oats, baking powder, salt, and cinnamon. Add to the liquid ingredients and mix well.
4. Pour mixture into baking dish, and bake for 25 minutes.
5. Remove from oven and sprinkle with nuts (optional).
6. Return to oven and broil for 3 - 4 minutes until top is browned and the sugar bubbles.
7. Serve warm.

Nutrition Facts: 1/2 cup serving - Calories 150, Total Fat 5g, Saturated fat 1g, Cholesterol 20mg, Sodium 90mg, Total Carbohydrate 21g, Dietary fiber 3g, Sugars 6g, Protein 5g

Recipe adopted from FoodHero.org

Applesauce Cookies

Makes 12 servings

Ingredients:

- 1 cup sugar
- ½ cup margarine (or butter or shortening)
- 1 egg
- 2 teaspoons baking soda
- 2½ cups all-purpose flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1½ cups of applesauce, unsweetened
- 1 cup raisins
- 1 cup nuts (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Prepare pan or cookie sheet (see below).
2. In a medium bowl, mix sugar, margarine, and egg.
3. In a separate bowl, combine baking soda, flour, salt, and cinnamon.
4. Stir flour mixture into shortening mixture just until moist.
5. Add applesauce, raisins, and nuts (if using).

For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees F for 10 - 12 minutes.

For Cake: Bake at 350 degrees F in an 8" x 8" pan for 40 minutes.

Nutrition Facts: 2 cookies - Calories 330, Total Fat 14g, Saturated fat 2g, Cholesterol 15mg, Sodium 390mg, Total Carbohydrate 48g, Dietary fiber 3g, Sugars 26g, Protein 5g

SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.