

# Apple Pudding



Yield - 100 1/2-cup servings

## Ingredients

2 qt + 2 cups sugar  
3 qt + 3 cups all purpose flour  
½ cup baking powder  
1 Tbsp + 2 tsp salt  
7 1/2 cups lowfat milk  
1 ½ No. 10 **cans sliced apples**  
2 tsp ground cinnamon  
1 ¼ gallons water  
2 qt + 2 cups packed brown sugar  
3 Tbsp + 1 tsp butter

## How to Prepare

1. Mix sugar, flour, baking powder, and salt together.
2. Stir in milk to make a batter.
3. Divide batter between four 26" x 18" x 2" cake pans.
4. Distribute 3 cups of apple slices evenly over the top of each pan. Dust each pan with cinnamon.
5. Mix water, brown, sugar, and butter in a small pot. Heat until sugar is dissolved. Divide into four portions and pour over apples.
6. Bake at 350° F for 40 minutes.

## Nutrition Information Per Serving:

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Calories = 264	Cholesterol = 1mg	Sugar = 40g	Calcium = 85mg
Calories from fat = 8g	Sodium = 235mg	Protein = 2g	Iron = 1.3mg
Total Fat = .9g	Total Carbohydrate = 62g	Vitamin A = 16RE	
Saturated Fat = .4g	Dietary Fiber = 1g	Vitamin C = 0mg	

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Recipe provided by Deborah Rose, an independent source from USDA's Northeast Regional Office. (Note: This recipe has not been standardized or tested by USDA).

### **Recipe Category:**

**Key USDA Commodity:**

**Food Group:**

**Fact Sheet Database:**

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### **Desserts**

**Apple Slices, Canned**

**Fruits/Vegetables**

**FD Website:** [www.fns.usda.gov/fdd/facts/schfacts/cats.htm](http://www.fns.usda.gov/fdd/facts/schfacts/cats.htm)

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