

A343 – APPLES, FRESH, 40 LB



Nutrition Information

Apple, raw with skin

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Fancy Grade fresh apples.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb case, cell (96-140 apples) or tray pack (100-150 apples). Each case shows the apple size by count. The fewer apples per case, the larger the individual apple. The apples are approximately 3¹/₈ in. diameter for a count of 100; 2⁷/₈ in. for a count of 125; and 2⁵/₈ in. for a count of 150. One lb AP 125-138 count apples yields 0.91 lb (about 3²/₃ cups) ready-to-cook or -serve raw, cored, unpeeled apple and provides about 14.8 1/4-cup servings of raw, unpeeled apple (about 1/4 apple) OR 3.0 baked apples (about 1/2 cup cooked fruit) OR about 11.4 1/4-cup servings raw, cored, peeled fruit OR about 6.8 1/4-cup servings cored, peeled, cooked, unsweetened fruit OR about 5.8 1/4-cup servings cooked, sieved, unsweetened fruit. CN Crediting: 1/4 cup raw, cored, unpeeled apple OR 1/4 cup cooked fruit provides 1/4 cup fruit. One whole, raw apple provides 1 cup fruit. One baked apple provides about 1/2 cup fruit.
STORAGE	<ul style="list-style-type: none"> Maintaining proper relative humidity and temperature is most important in storing apples. Always refrigerate fresh apples. The optimum storage temperature for apples is 32 °F with 90% relative humidity. Apples should be stored in their original shipping containers. Keep apples in a well ventilated area away from walls. These conditions best retard the ripening process and maintain high quality. Avoid temperatures below 32 °F. Apples may pick up off-flavors if stored with other foods. The length of time apples can be held in cold storage varies with the variety and the condition of the apples when harvested. At the temperature and humidity listed above, a generally acceptable storage period for most varieties is 3 months.

	1 medium apple, 2 ³ / ₄ in. diameter	1 large apple, 3 ¹ / ₄ in. diameter
Calories	72	110
Protein	0.36 g	0.55 g
Carbohydrate	19.06 g	29.28 g
Dietary Fiber	3.3 g	5.1 g
Sugars	14.34 g	22.03 g
Total Fat	0.23 g	0.36 g
Saturated Fat	0.04 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.17 mg	0.25 mg
Calcium	8 mg	13 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	11 mg
Potassium	148 mg	227 mg
Vitamin A	75 IU	114 IU
Vitamin A	4 RAE	6 RAE
Vitamin C	6.3 mg	9.8 mg
Vitamin E	0.25 mg	0.38 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Wash apples thoroughly before using.
USES AND TIPS	<ul style="list-style-type: none">• Serve apples fresh, whole or sliced. Apples may also be served with cheese, peanut butter, or yogurt dip. Use in salads or baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Wash apples thoroughly before using.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.