



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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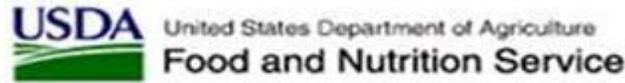
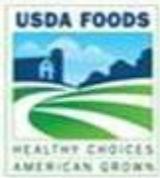
100258 – APPLE SLICES, FROZEN, UNSWEETENED, 30 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A individually quick frozen (IQF) apple slices.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 95¼ cups tempered ready-to-cook or serve sliced apple and provides about 381.0 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 264.0 ¼-cup servings heated fruit. One lb AP yields 0.99 lb (about 3⅛ cups) tempered ready to-cook or serve sliced apple and provides about 12.7 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 8.80 ¼-cup servings heated fruit. CN Crediting: ¼ cup tempered sliced apple OR ¼ cup heated sliced apple provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen apple slices at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf-life and speed deterioration. Store opened thawed apple slices covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Apples, frozen, sliced, unsweetened, heated

	¼ cup (52 g)	½ cup (103 g)
Calories	24	48
Protein	0.15 g	0.30 g
Carbohydrate	6.18 g	12.36 g
Dietary Fiber	1 g	2 g
Sugars	0	0
Total Fat	0.17 g	0.34 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.1 mg	0.2 mg
Calcium	3 mg	5 mg
Sodium	2 mg	3 mg
Magnesium	2 mg	3 mg
Potassium	39 mg	78 mg
Vitamin A	10 IU	21 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	0.2 mg	0.4 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Drain well to use in apple nut breads and apple cake.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze apple slices.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on inventory management, and how to effectively store USDA Foods, see our policy memo: www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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