

APPLESAUCE

(in can and cup)



NUTRITION

- The serving size for applesauce is 1/2 cup.
- 1/2 cup of applesauce contains:
 - 1/4 your daily recommended serving of fruit.
 - 12 g of sugar, about 3 teaspoons.
- Always be mindful of the amount of sugar you eat and drink throughout the day. The American Heart Association recommends no more than 6 teaspoons (25 grams) of added sugar per day for women and 9 teaspoons (38 grams) for men.

PREPARATION

Applesauce from the can or cup is safe to eat as is, without cooking.

Try applesauce:

- As a simple dessert, at room temperature or chilled, sprinkled with cinnamon.
- As a topping for pancakes, pork, chicken, pancakes and waffles
- Applesauce is a great fat substitute in baking cakes, muffins, breads, and other baked goods. Substitute half the amount of fat in a recipe with applesauce for lower fat baking. (For example, if a recipe calls for ½ cup oil, use ¼ cup oil and ¼ cup applesauce instead.)

STORE

Store unopened cans in a cool, clean, dry place

Store opened applesauce in a tightly covered container that is not made from metal and refrigerate; use within 3 days.

Look at the “Best if used by” or “Best by” date on the package.

FOOD SAFETY CAUTION:

If the can is leaking or the ends are bulging, **throw it away.**

If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away.**



chicagosfoodbank.org 773-247-FOOD

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Applesauce BBQ Chicken

Serves: 4

Prep: 10 minutes | Cook: 20 minutes

Ingredients

- 4 boneless skinless chicken breast halves (6 ounces each)
- ½ teaspoon pepper
- 1 tablespoon olive oil
- ⅔ cup applesauce
- ⅔ cup spicy barbecue sauce
- 2 tablespoons brown sugar
- 1 teaspoon chili powder

Directions

1. Sprinkle chicken with pepper.
2. In a large skillet, brown chicken in oil on both sides. About 5 to 7 minutes on each side.
3. In a small bowl, combine the olive oil, applesauce, barbeque sauce, brown sugar and chili powder and mix well; pour over chicken.
4. Cover the skillet and cook 7 to 10 minutes longer.

Freeze option: Cool chicken; transfer to a freezer container and freeze for up to 3 months. Thaw in the refrigerator overnight. Cover and microwave on high for 8-10 minutes or until heated through, stirring once.



Nutrition Information	
Serving Size: 1/4th of recipe	
Calories	308
Total fat	8 g
Saturated Fat	2 g
Trans fat	0 g
Cholesterol	94 mg
Sodium	473 mg
Carbohydrates	22 g
Fiber	1 g
Sugars	19 g
Protein	35 g

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Applesauce Pancakes

Serves: 6
Prep: 5 minutes | Cook: 20 minutes
Yield: 25 pancakes

Ingredients

- 1 cup flour
- ¼ teaspoon salt
- 1 ½ teaspoons baking powder
- 1tablespoon melted butter
- ½ cup milk
- 1 egg, beaten
- ½ teaspoon vanilla
- 1 ¼ cups applesauce

Directions

1. Sift flour, salt and baking powder into a medium mixing bowl.
2. Combine butter, milk and egg.
3. Stir into dry ingredients.
4. Add vanilla (unless using flavored applesauce) and applesauce; beat well.
5. Spoon batter into a hot, well greased griddle.



Nutrition Information	
Serving Size: 4 pancakes	
Calories	320
Total fat	13 g
Saturated Fat	6 g
Trans fat	0 g
Cholesterol	80 mg
Sodium	510 mg
Carbohydrates	25 g
Fiber	2 g
Sugars	2 g
Protein	27 g
Calcium	450 mg

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Applesauce Oat Muffins

Serves: 12

Prep: 10 minutes | Cook: 20 minutes

Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup unsweetened applesauce
- ½ cup milk
- 1 large egg
- 1 teaspoon vanilla
- 4 tablespoon butter, melted
- ¾ cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ½ cup dried cranberries or raisins

Directions

1. Preheat oven to 375 degrees F. Line a 12-cup muffin tin with liners or grease with non-stick cooking spray. Set aside.
2. In a medium bowl, stir together the oatmeal, applesauce, milk, egg, vanilla, and butter. In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, salt and cranberries or raisins.
3. Make a well in the center of the dry ingredients and pour in the applesauce mixture. Stir just until combined.
4. Spoon the batter evenly into the muffin cups. Bake for 15-20 minutes or until a toothpick inserted in the center comes out clean. Don't over bake or the muffins will be dry. Remove and cool completely before freezing in a Ziploc freezer bag.



Nutrition Information	
Serving Size: 1/8 of recipe	
Calories	146
Total fat	5 g
Saturated Fat	2 g
Trans fat	0 g
Cholesterol	24 mg
Sodium	147 mg
Carbohydrates	23 g
Fiber	2 g
Sugars	8 g
Protein	2 g

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