

APPLE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Canned unsweetened apple juice is 100% juice, with no added sweeteners. This juice has been fortified with vitamin C.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{3}{4}$ -cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store leftover apple juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Heat apple juice in sauce pan with cinnamon and whole cloves (optional) for a cold weather treat. Strain spices from juice before drinking.
- Blend apple juice with mashed fresh fruit, yogurt, and chopped ice to make a fruit smoothie.

(See recipes on reverse side)



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Nutrition Information

- **Apple Juice** provides less than 100 calories per serving and is low in fat and sodium.
- One serving of apple juice provides 128% of your daily value for vitamin C.
- A $\frac{3}{4}$ -cup serving of apple juice provides 1 serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

Nutrition Facts	
Serving size $\frac{3}{4}$ cup (177ml) canned apple juice	
Amount Per Serving	
Calories 87	Fat Cal 1
% Daily Value*	
Total Fat .2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber <0.5g	0%
Sugars 20g	
Protein 0g	
Vitamin A 0%	Vitamin C 128%
Calcium 1%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Creamy Apple Milkshake

2 8-ounce containers vanilla lowfat yogurt
¼ cup sugar
1½ cups apple juice
1½ cups lowfat milk

1. Thoroughly combine yogurt, sugar, and apple juice. Refrigerate 1 hour until thoroughly chilled.
2. Add milk to chilled yogurt mixture and serve cold.

Makes about 6 ¾-cup servings

Recipe provided by Michigan Apple Committee

Nutrition Information for each serving of Creamy Apple Milkshake:

Calories	156	Cholesterol	7 mg	Sugar	28 g	Calcium	212 mg
Calories from Fat	15	Sodium	85 mg	Protein	5 g	Iron	.2 mg
Total Fat	1.7 g	Total Carbohydrate	30 g	Vitamin A	49 RE		
Saturated Fat	1.0 g	Dietary Fiber	0 g	Vitamin C	1 mg		

Raisin-Apple Sauce for Ham

¼ cup firmly packed brown sugar
1½ tablespoons cornstarch
1 cup apple juice
¼ cup raisins
¼ teaspoon cinnamon
8 whole cloves (optional)
1 tablespoon butter or margarine

1. In a small saucepan combine the brown sugar and cornstarch.
2. Stir in apple juice, raisins, cinnamon, and cloves.
3. Cook and stir these ingredients for 10 minutes until thickened.
4. Remove the cloves and discard. Add butter or margarine. Serve hot.
5. Good with hot or cold ham or ham sandwiches.

Makes about 6 ¼-cup servings

Recipe provided by Joy of Cooking

Nutrition Information for each serving of Raisin Apple Sauce:

Calories	97	Cholesterol	5 mg	Sugar	16 g	Calcium	15 mg
Calories from Fat	18	Sodium	26 mg	Protein	0 g	Iron	.5 mg
Total Fat	2.1 g	Total Carbohydrate	20 g	Vitamin A	18 RE		
Saturated Fat	1.2 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Apple Vinaigrette Salad Dressing

¼ cup apple juice
¼ cup oil
3 tablespoons vinegar
2 tablespoons lemon juice
1 tablespoon sugar
Paprika, salt, and pepper (optional)

1. Combine apple juice, oil, vinegar, lemon juice, sugar, and spices (if desired) in a covered jar. Shake to mix well.
2. Serve over fresh greens or pasta salad.

Makes about 6 2-tablespoon servings

Recipe provided by Michigan Apples

Nutrition Information for each serving of Apple Vinaigrette Salad Dressing:

Calories	95	Cholesterol	0 mg	Sugar	3 g	Calcium	1 mg
Calories from Fat	81	Sodium	0 mg	Protein	0 g	Iron	0 mg
Total Fat	9.0 g	Total Carbohydrate	4 g	Vitamin A	0 RE		
Saturated Fat	1.6 g	Dietary Fiber	0 g	Vitamin C	2 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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