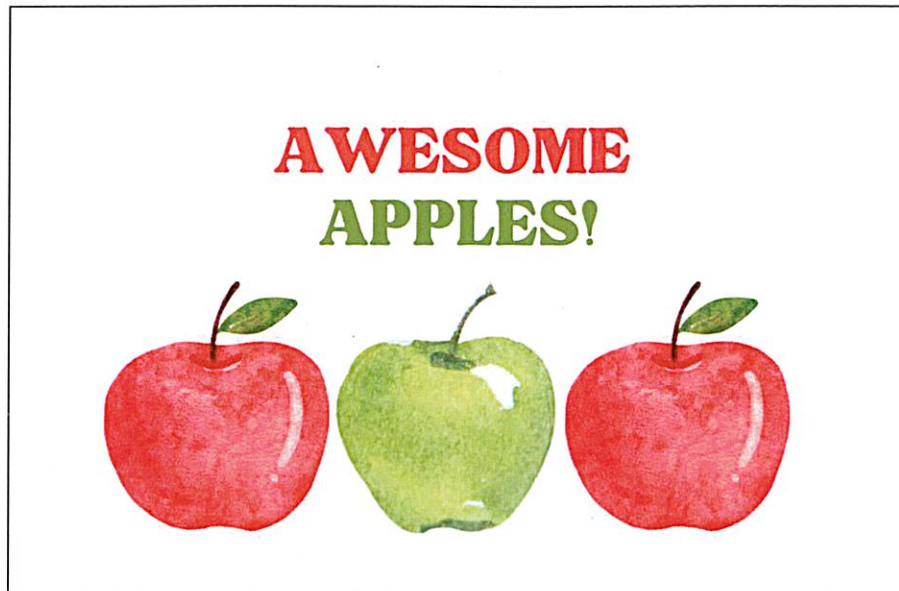


# Knowledge @ Noon



Wednesday, September 17, 2025

Marais Des Cygnes Extension District

**K-STATE**  
Research and Extension

Master Food Volunteer  
Marais des Cygnes District

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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## Good medicine

An apple a day provides many benefits

by VICKI SHANTA RETELNY



**Vicki Shanta Retelny** (victoriashantaretelny.com) is a registered dietitian, freelance lifestyle nutrition writer, book author and Costco member.

© ANGELA GARBOT PHOTOGRAPHY

### COSTCO CONNECTION

Organic Gala apples (Item 1136340), Cosmic Crisp apples (Item 7950) and Honeycrisp apples (Item 6659) are available in Costco warehouses. Groceries are available through Costco Grocery at Costco.com.

Apples are one of the most popular fruits consumed in the U.S., and more than 100 apple varieties are grown nationwide. Whether as a crunchy snack or part of a meal, an apple a day is a nourishing habit that can help reduce your risk for chronic diseases, such as certain cancers, obesity, cardiovascular disease and type 2 diabetes, according to the Harvard T.H. Chan School of Public Health's The Nutrition Source.

Why are they such a good-for-you fruit? Apples are loaded with dietary fiber and are low in calories with about 4 grams of fiber and less than 100 calories in a medium, unpeeled apple—there's a significant amount of fiber in the skin—which helps regulate appetite, body weight, blood sugar and cholesterol. Plus, apples are packed with numerous antioxidants that help to reduce inflammation and keep cells healthy.

The color and flavor landscape of apples has a wide range. From deep red to golden yellow to bright green with tart to sweet flavors, apples offer culinary versatility. They make tasty on-the-go snacks when eaten fresh out of hand or baked with a hint of brown sugar and cinnamon. Apples puréed into applesauce are a convenient prepackaged snack, too.

If you want to eat a whole apple, snack on slices with peanut butter or add diced apples into a salad, try Gala, Pink Lady or McIntosh varieties. The best baking apples for a pie, crisp or crumble are the Honeycrisp, Granny Smith, Jonathan, Cortland and Braeburn varieties.

When purchasing apples, look for ones without brown, soft spots or broken, wrinkled skin. Once you get them home, store them away from other produce to minimize spoilage from the exchange of natural ethylene gas. Place them in the refrigerator produce drawer in a paper or plastic bag, or in a closed cabinet in your pantry.

Apples, a nutrient-dense, multipurpose fruit, offer numerous health benefits, as well as tasty culinary opportunities all year long. ■





# EXTENSION EXPLORES

## FOOD PRESERVATION

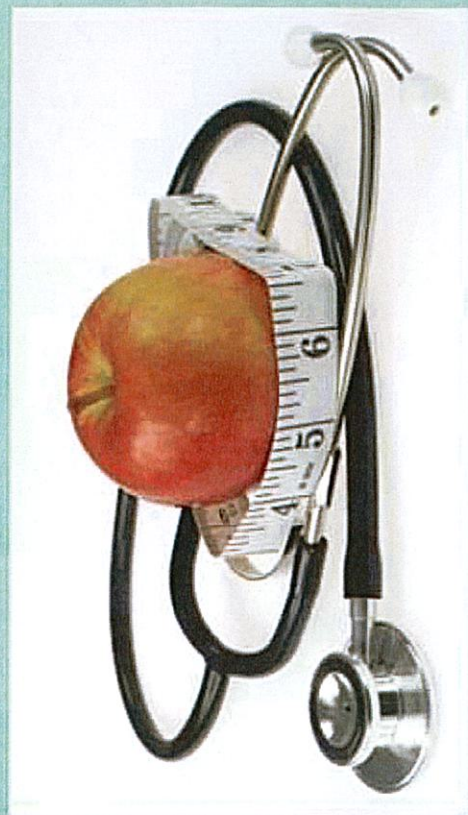
UW-EXTENSION  
INSTITUTE OF AGRICULTURE  
COOPERATIVE  
EXTENSION  
SCHOOL OF HORTICULTURE

You've heard, "An apple a day will keep the doctor away." Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.

### Apple Nutrition Facts

Calories 81  
Carbohydrate 21 grams  
Dietary Fiber 4 grams  
Soluble Fiber  
Iron .25 mg  
Insoluble fiber  
Calcium 10 mg  
Phosphorus 10 mg  
Sodium 0.00 mg  
Potassium 159 mg  
Vitamin C 8 mg  
Vitamin A 73 IU  
Folate 4 mcg





The Easiest Way To Slice Apples Is a Method You've Never Tried. It's the safest method, too.

By Kris Osborne

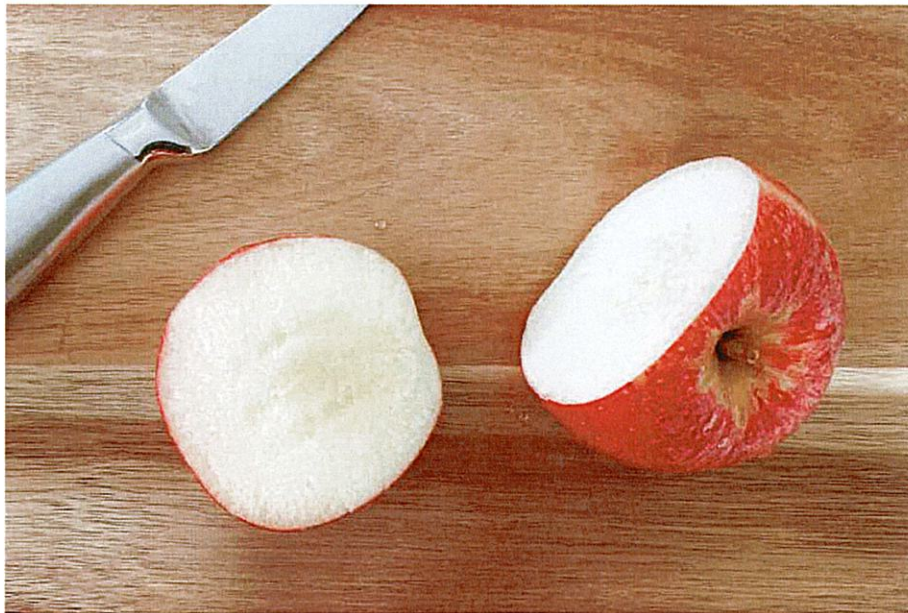
I've been working in kitchens for most of my life. I grew up in my family's restaurant, and now, as a recipe developer and cooking instructor, I've spent countless hours teaching folks how to feel at home in their own kitchens. Over the years, I've seen plenty of confident cooks trip up on little things—and cutting an apple is the perfect example.

Most of us instinctively cut an apple straight down the middle, and then have to deal with the seedy wedges. This is not only inefficient, it's also the least safe way to get the job done.

If you slice apples this way, you're not the only one. Instead, use this surprisingly simple move to improve the way you cut apples forever.

### The Best Way To Cut an Apple

This is the easiest technique I know for cutting an apple, and it's what I do whether I'm making a snack for my family or prepping an apple pie for a photo shoot. I call it the "no core, just cheeks" method. Think of it as carving away the four sides, leaving a square-ish core behind.



Source: Simply Recipes / Getty Images

Start with the stem of the apple standing tall and pointing up. Now, take a sharp chef's knife and slice straight down, about three-quarters of an inch to one side of the core. This gives you your first large, beautiful "cheek."



Place the remaining apple cut side down so it rests flat on your work surface, then slice off the second cheek. Turn it 90 degrees and cut off one of the two remaining cheeks, then repeat the process for the final cut. You'll be left with four flat, clean pieces of apple and a small center block that contains the core and seeds—that's the part you discard.



Source: Simply Recipes / Getty Images

This method is easy and much safer. The first cut immediately creates a flat base, so the apple doesn't roll around under your knife. It also gives you more uniform slices, which is helpful for baking and cooking because every piece cooks at the same rate. Once you try this method, I don't think you'll ever go back to cutting apples the old way.

#### A Few More Slices of Apple Wisdom

**Sharp equals safe:** This might sound counterintuitive, but a sharp knife is much safer than a dull one. A sharper edge cuts through food more easily, so you don't have to force it, which results in fewer slip-ups.

**Prevent browning:** To keep your freshly cut apples from turning brown, toss the slices in a saltwater solution. It's a trick that's used in restaurant kitchens to keep food looking fresh for service, and, I promise, it doesn't make the apples taste salty.

**The peel is up to you:** You can do this with the peel on or off. For recipes that require peeled apples, it's often easiest to use a vegetable peeler on the whole apple before you cut off the cheeks.

Source: [simplyrecipes.com](http://simplyrecipes.com)










# Apple Adviser

Not sure which apples to buy?  
Here's a handy guide to help you decide!

😊 best use		✅ will work			❌ not recommended	
Type	Raw	Pies/Baking	Sauce	Juice	Comments	
Braeburn	😊	✅	✅	✅	Crisp, all-purpose	
Cortland	😊	😊	😊	✅	Tart, crisp, slow to brown	
Empire	😊	✅	✅	✅	Sweet, crisp, firm	
Fuji	😊	✅	😊	✅	Sweet, crisp, juicy	
Gala	😊	✅	😊	✅	Mild, sweet, crisp	
Golden Delicious	😊	😊	😊	✅	Sweet, juicy, best all-purpose	
Golden Supreme	😊	😊	✅	❌	Mildly sweet & crisp, juicy	
Granny Smith	😊	😊	😊	✅	Tart, crisp, juicy, great in salad	
Honeycrisp	😊	😊	😊	😊	Sweet, crisp	
Idared	✅	😊	😊	✅	Tart, crisp, firm, store well	
Jonagold	😊	😊	😊	✅	Both sweet and tart	
Jonathan	✅	😊	✅	✅	Sweet, acidic	
McIntosh	😊	❌	😊	✅	Sweet, juicy, less firm	
Pink Lady	✅	✅	😊	✅	Sweet, crisp	
Red Delicious	✅	❌	❌	❌	Bland, crisp	
Zestar	😊	😊	✅	❌	Sweet, sharp brown sugar	









	<i>Variety Name</i>	<i>Ripens</i>	<i>Description</i>	<i>Flavor</i>	<i>Best Way to Enjoy</i>
	Gingergold	Early August	Green to pale yellow in color with semi-thin skin	Sweet-tart	Fresh, Cooked, or Preserved
	Empire	Mid - August	Yellow-green base with a red blush, striations and striping, semi-glossy, crisp and firm	Sweet-tart	Fresh or Cooked
	Gala	Mid - August	Lighter yellow-orange coloring with pink-red striping and mottling with thin skin	Mildly sweet	Fresh, Cooked, or Preserved
	Honeycrisp	Late August	Mottled red skin over a yellow background	Honey-sweet mild	Fresh
	Golden Delicious	Early-Mid September	Pale green- golden yellow with thin skin that doesn't require peeling, white flesh	Sweet	Fresh, Cooked, or Preserved
	Red Delicious	Early-Mid September	Red skin, fine-grained, white flesh	Mildly sweet	Fresh
	Cortland	September	Red apple with greenish stripes and snow-white flesh	Sweet, with a hint of tartness	Fresh, Cooked, or Frozen



	Jonagold	September	Orange-red blush to yellowish-green color	Sweet flavor with a hint of tartness	Fresh or Cooked
	Mutsu/Crispin	September	Large apple with yellowish-green skin and dense flesh	Slightly tart	Fresh, Cooked, or Frozen
	Rome	September-October	All red, very glossy with thick skin	Mildly sweet	Cooked or Preserved
	Cameo	Mid September-October	Bright, red-striped apple with creamy orange color, firm	Tangy, sweet-tart	Fresh (stores well)
	Fuji	Mid – Late September	Pink speckled flesh over yellow-green background, semi-thick skin, crisp and firm	Sweet	Fresh
	Crimson Crisp	Late September – October	Deep red, firm and crisp with yellow flesh	Mostly sweet flavor, slight tartness	Fresh (juice or cider)
	Granny Smith	Early October	Bright green and firm with smooth skin, crisp	Very tart	Fresh, Cooked, or Preserved
	Arkansas Black	Mid October	Dark red/burgundy color with very firm skin and light yellow flesh	Very tart	Cooked



	Evercrisp	Mid October	Blushed rosy red over a cream background, crisp, firm, dense	Sweet	Fresh
	Gold Rush	Mid October	Golden color speckled with lenticels (spots), crisp and firm	Mildly sweet	Fresh or Cooked
	McIntosh	Mid October	Deep red skin with a green blush with white flesh	Tangy & tart	Cooked
	King Luscious	October	Large, pale red with pale yellow undertones and darker red stripes, yellowish white flesh	Sweet - tart	Fresh, Baked, or Preserved
	Stayman/ Winesap	October	Medium bright to deep red with speckled, striped skin, firm yellow flesh	Sweet and tart, with a wine-like flavor	Cooked or Preserved
	Pink Lady	Late October – November	Blush pink skin over yellow undertones, crisp and firm	Sweet-tangy	Fresh, Cooked, or Preserved

Information and images are from NC Apple Growers Association

WRITTEN BY



**Lia Beddingfield**

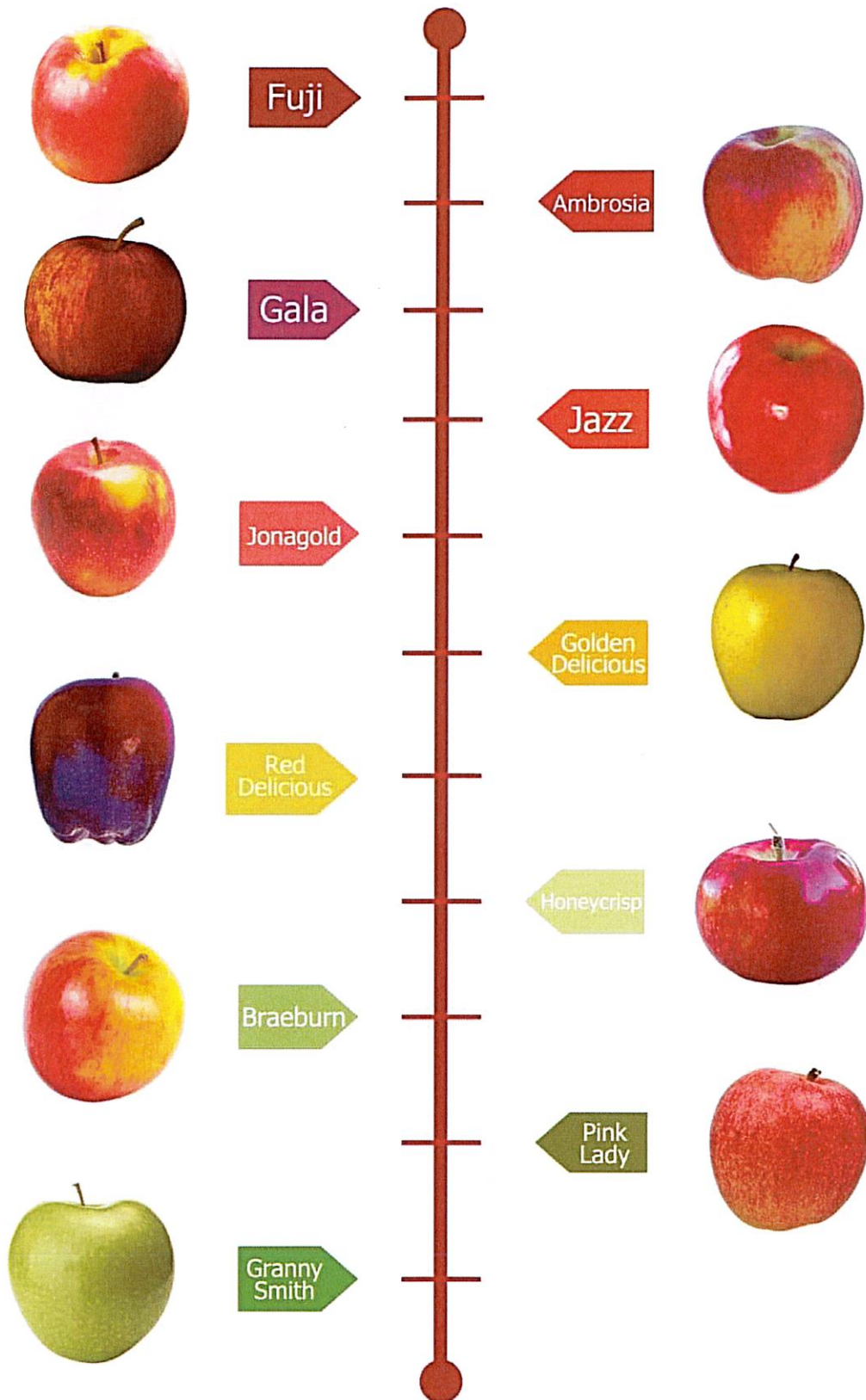
County Extension Support Specialist

N.C. Cooperative Extension, Henderson County Center

UPDATED ON AUG 27, 2024



**MOST SWEET!**



**MOST TART!**



# Did you know?

Apples and pears are interchangeable  
in tested canning recipes  
(but not Asian pears)



UCCE Master Food Preservers Of El Dorado County



# EXTENSION EXPLORES

FOOD PRESERVATION

UT EXTENSION  
INSTITUTE OF AGRICULTURE  
and LAND-USE MANAGEMENT  
COOPERATIVE  
EXTENSION  
UNIVERSITY OF UTAH  
Extension from UHasselt

## Freezing Apples without Sugar

Apples frozen without sugar are generally used for cooking. Can be used for pie making too.

Wash, peel and core apples. To prevent darkening, dissolve 1/2 teaspoon (1500 mg) ascorbic acid powder or equivalent of finely crushed vitamin C tablets in 3 tablespoons water. Sprinkle over apples. Place apple slices in zip-closure freezer bags, label, date and freeze. Treated apples can also be frozen first on a tray leaving space between each piece. Pack into containers as soon as slices are frozen (approximately 2-4 hours). Freeze for up to one year at 0°F or below.

## Freezing Apples with Sugar

Follow directions for "Freezing Apples without Sugar"; mix 1/2 cup sugar to each quart apples slices. Place apples in containers, press fruit down, leaving 1/2 inch headspace for pints and quarts. Seal and freeze for up to one year at 0°F or below.





## Freezing Apples in Syrup

This syrup recipe will make 5 1/3 cups syrup which will cover approximately 6 pints or 3 quarts of apple slices. Use rigid freezer containers or zip-closure freezer bags.

- 2-1/2 cups sugar
- 4 cups water
- 3 pounds apples
- 1/2 teaspoon ascorbic acid powder (1500 mg)
- \* 1/2 teaspoon ascorbic acid powder (1500 mg) \*

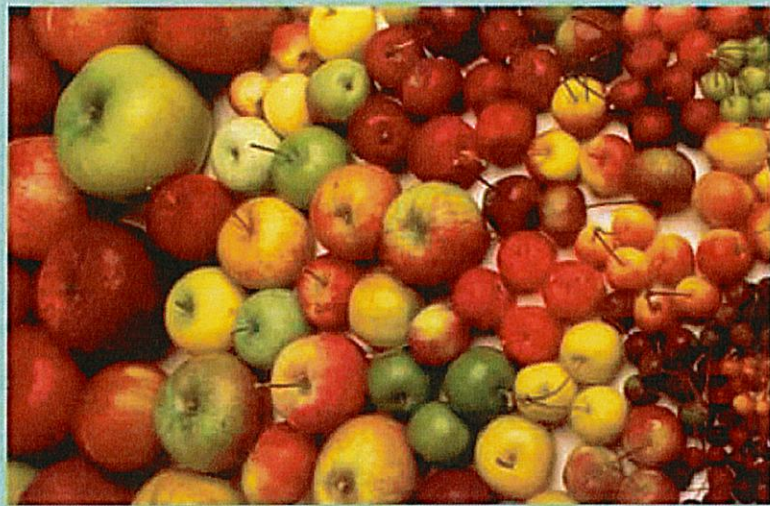
To make syrup, dissolve sugar in lukewarm water, mixing until the solution is clear. To prevent browning add 1/2 teaspoon ascorbic acid powder (1500 mg) or equivalent in finely crushed vitamin C tablets. Stir to dissolve. Chill syrup before using. Select fresh full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel and core. Slice medium apples into twelfths and large apples into sixteenths. Place 1/2 cup syrup in each pint-size container and slice each apple directly into chilled syrup. Press apples down in containers and add enough syrup to cover apple slices. Leave 1/2-inch headspace in each pint (or 1 inch in each quart-size container). Place a small piece of crumpled water-resistant paper, such as waxed paper, on top of each container to hold apples slices down under syrup. Seal, label, date and freeze at 0°F or below. Use within one year.

\*To use lemon juice: drop apple slices into a solution of two tablespoons lemon juice and two quarts water. Drain well before covering with syrup.

# EXTENSION EXPLORES

FOOD PRESERVATION

UT  
EXTENSION  
INSTITUTE OF AGRICULTURE  
COOPERATIVE  
EXTENSION  
UNITED STATES DEPARTMENT OF AGRICULTURE







# Preserve It Fresh, Preserve It Safe

Volume 11, Issue 5  
September/October 2025

## Apple Acidification for Home Canning

The Ball® Blue Book, 38th edition, recommends the acidification of apples in canning recipes to ensure a wider margin of safety against potential botulism-causing bacteria. Why did Ball® make this recommendation?

A study conducted by the Ball® Home Canning Test Kitchen showed that some modern apple varieties along with growing conditions and techniques can produce apples that are less acidic than originally thought. Historically, apples were considered safe for water bath canning without added acid since they were below the safe pH of 4.6. Apples with a pH above 4.6 potentially can create a more hospitable environment for harmful bacteria, like *Clostridium botulinum*. Further, apples, like many fruits, generally decrease in acidity during storage. Adding lemon juice to canning recipes ensures that the pH of the canned product remains below 4.6, which is the critical threshold for inhibiting the growth of *C. botulinum*. Per a Ball® statement, “the quantity of lemon juice added to each (recipe) was based on experiment of different types of apple recipes using the

highest pH apple species that was identified, and pH modeling to understand the margin of different pH and temperature thresholds while keeping existing processing time recommendations the same.”

Out of an abundance of caution, Ball® has added bottled lemon juice to all apple-based recipes where the apple was expected to be the lowest pH ingredient in the recipe and incorporated that guidance into all Ball® home canning 2024 recipe publications. Ball® does not currently recommend that consumers discard any apple products they have canned previously as prior publications are still within USDA recommendations. Rather the company is advising consumers using Ball® recipes in publications beginning 2024 to follow the acidification guidelines.

The best practice for home canners is to always use the most current version of a recipe publication and to follow tested recipes as researched and written by reputable recipe sources like the USDA, NCHFP, cooperative extension services, and Ball®. All researched recipes will include updated guidelines for that recipe at the time of publication.

Ball® acknowledges that the National Center for Home Food Preservation (NCHFP) and USDA have not updated their guidance on apple acidification and that the company is unaware of any documented safety issues arising from current apple recipes.

[View the source article:](#) Why was lemon juice added to apple recipes in the Ball Blue Book 38th edition?

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NORTH CENTRAL FOOD SAFETY EXTENSION NETWORK

**Celebrating 10 Years**





KAN for September 19, 2025

Submitted by Judy Welter

### Apple Cake

3 large eggs

2 cups sugar

1 teaspoon vanilla

1 cup vegetable oil

½ cup nuts (optional)

2 cups flour

2 teaspoons cinnamon

1 teaspoon baking soda

½ teaspoon salt

4 cups chopped baking apples

Blend together in large bowl the eggs, sugar, vanilla, and vegetable oil.

Mix together the flour, cinnamon, baking soda and salt.

Add to sugar, oil, and egg mixture and mix.

Add the apples and optional nuts, and stir well. Batter will be thick.

Pour into a 13 x 9 inch cake pan or a sheet cake pan.

Bake at 350 degrees for 45-60 minutes.

### Cream Cheese Frosting

8 ounces soft cream cheese

1 teaspoon vanilla

4 tablespoons melted butter

2 cups powdered sugar

Add together and mix well.

Nutrition Facts	
Amount per	
1 serving (5.8 oz)	163 g
Calories 580	From Fat 274
% Daily Value*	
Total Fat 31.7g	49%
Saturated Fat 21.2g	106%
Trans Fat 0.2g	
Cholesterol 31mg	10%
Sodium 316mg	13%
Total Carbohydrates 73g	24%
Dietary Fiber 2g	8%
Sugars 54g	
Protein 5g	9%
Vitamin A 8% • Vitamin C 3%	
Calcium 3% • Iron 7%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
HappyForks.com	

# Mini Apple Pie Recipe

A perfect recipe for fall with kids! Create this easy to bake mini apple pie recipe with your child.

<b>PREP TIME</b>	<b>COOK TIME</b>	<b>TOTAL TIME</b>
20 minutes	15 minutes	35 minutes

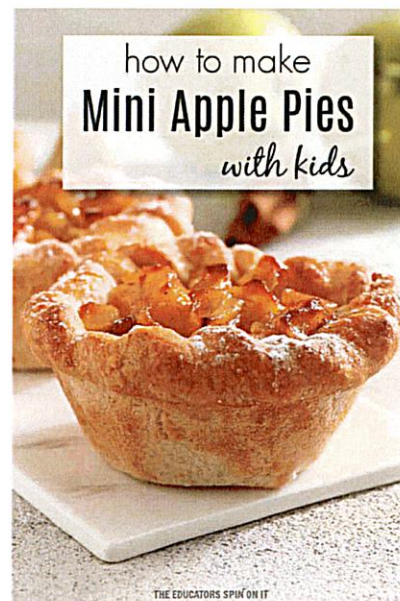
## Ingredients

- apple
- 1 Tablespoon packed brown sugar
- 1 Tablespoon white sugar
- 1 teaspoon all-purpose flour
- a pinch of cinnamon
- a pinch of nutmeg

## Instructions

1. Peel one apple and then cut in half
2. Slice the apple into small pieces
3. Mix 1 Tablespoon packed brown sugar
4. Mix 1 Tablespoon white sugar
5. Mix 1 teaspoon all-purpose flour
6. Add a pinch of cinnamon
7. Add a pinch of nutmeg
8. Mix ingredients all together
9. Put mixture into pie container
10. Put 1 teaspoon butter on top
11. Bake for 15 minutes or until brown
12. Enjoy

CUISINE: Dessert / CATEGORY: Recipes



Mini Apple Pie:

## Nutrition Facts

Amount per	
1 serving (14.7 oz)	417 g
<b>Calories</b> 988	<b>From Fat</b> 3
% Daily Value*	
<b>Total Fat</b> 0.3g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 64mg	3%
<b>Total Carbohydrates</b> 255g	85%
Dietary Fiber 4g	18%
Sugars 245g	
<b>Protein</b> 1g	2%
<b>Vitamin A</b> 2% • <b>Vitamin C</b> 14%	
<b>Calcium</b> 19% • <b>Iron</b> 11%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

HappyForks.com



## Applesauce

4 lbs cooking apples                      ½ -2c. sugar (to taste)  
6-10 sticks cinnamon (to taste)  
1-1 ½ c. water

Cut apples into quarters. Core and peel each quarter. Place in 4 qt. Dutch oven, add water. Add cinnamon, bring to boil. Reduce heat. Cover and simmer 8-10 min. or until tender. Uncover and remove cinnamon. Remove from heat; mash apples with masher until smooth; Stir in sugar. Refrigerate. Makes 5 cups.

## Apple, Cranberry, Pecan Stuffing

1 ½ c. apple juice                      1 sm. apple, chopped  
2 T. butter                              ½ c. cranberries  
1 pkg. stuffing mix for chicken  
¼ c. chopped pecans, toasted

Bring juice and butter to boil in med. saucepan on high heat. Add stuffing mix and fruit; mix lightly. Cover. Remove from heat and let stand 5 minutes. Stir in nuts.

## Apple Dumplings

### Dough:

2 ¼ c. flour                              ¾ c. shortening  
¾ t. salt                                  About ½ c. water  
1 tsp. baking powder



### Filling:

8 apples, peeled and cored  
1 c. sugar

1 ½ t. cinnamon  
4 tsp. margarine

### Syrup:

2 c. water  
2 c. sugar

¼ t. cinnamon  
4 T margarine

For dough: Combine dry ingredients and cut in shortening. Add enough water to make easy to roll dough. Roll out and cut into 8 (6") squares. Lay one apple on each square. Fill cavity with sugar and cinnamon. Pinch opposite sides of dough together. Place a chunk of margarine on top of each dumpling. Place in greased baking dish. Combine all ingredients for syrup, boil for a few minutes, and pour over dumplings. Bake at 450 degrees until light brown then reduce to 350 for 40 minutes.

### Easy Glazed Apple Cake

2/3 c. oil  
1 t. vanilla

2 eggs

### Combine:

2 c. flour  
1 c. sugar  
1 t. salt

½ t cinnamon  
1 can apple fruit filling  
½ c. chopped nuts

1 ½ t soda

Add all to oil mix. Beat until well blended. Pour into greased 9x13 pan. Bake at 350 for 25-35 min. Prick hot cake with fork. Glaze.



Glaze:

½ c. sugar

¼ t soda

½ c. sour cream

¼ c. chopped nuts

Combine in small heavy saucepan. Stir constantly over medium heat until mixture turns light and foamy. Pour slowly over hot cake. Sprinkle with nuts.

Gayle Plummer MFV

Apple Dumplings

## Nutrition Facts

Amount per	
1 serving (4.4 oz)	125 g
<b>Calories</b> 376	<b>From Fat</b> 187
% Daily Value*	
<b>Total Fat</b> 21.4g	33%
Saturated Fat 4g	20%
Trans Fat 0.1g	
<b>Cholesterol</b> 107mg	36%
<b>Sodium</b> 243mg	10%
<b>Total Carbohydrates</b> 43g	14%
Dietary Fiber 2g	7%
Sugars 20g	
<b>Protein</b> 5g	9%
<b>Vitamin A</b> 2% • <b>Vitamin C</b> 2%	
<b>Calcium</b> 3% • <b>Iron</b> 11%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

easy glazed apple cake

## Nutrition Facts

Amount per	
1 serving (4.9 oz)	138 g
<b>Calories</b> 223	<b>From Fat</b> 71
% Daily Value*	
<b>Total Fat</b> 8.2g	13%
Saturated Fat 3g	15%
Trans Fat 0.2g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 432mg	18%
<b>Total Carbohydrates</b> 34g	11%
Dietary Fiber 3g	10%
Sugars 12g	
<b>Protein</b> 4g	8%
<b>Vitamin A</b> 3% • <b>Vitamin C</b> 44%	
<b>Calcium</b> 4% • <b>Iron</b> 7%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Apple Cranberry Pecan stuffing

## Nutrition Facts

Amount per	
1 serving (9.4 oz)	265 g
<b>Calories</b> 508	<b>From Fat</b> 192
% Daily Value*	
<b>Total Fat</b> 21.8g	34%
Saturated Fat 5.2g	26%
Trans Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 268mg	11%
<b>Total Carbohydrates</b> 78g	26%
Dietary Fiber 6g	22%
Sugars 44g	
<b>Protein</b> 4g	8%
<b>Vitamin A</b> 4% • <b>Vitamin C</b> 14%	
<b>Calcium</b> 6% • <b>Iron</b> 11%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## Nutrition Facts

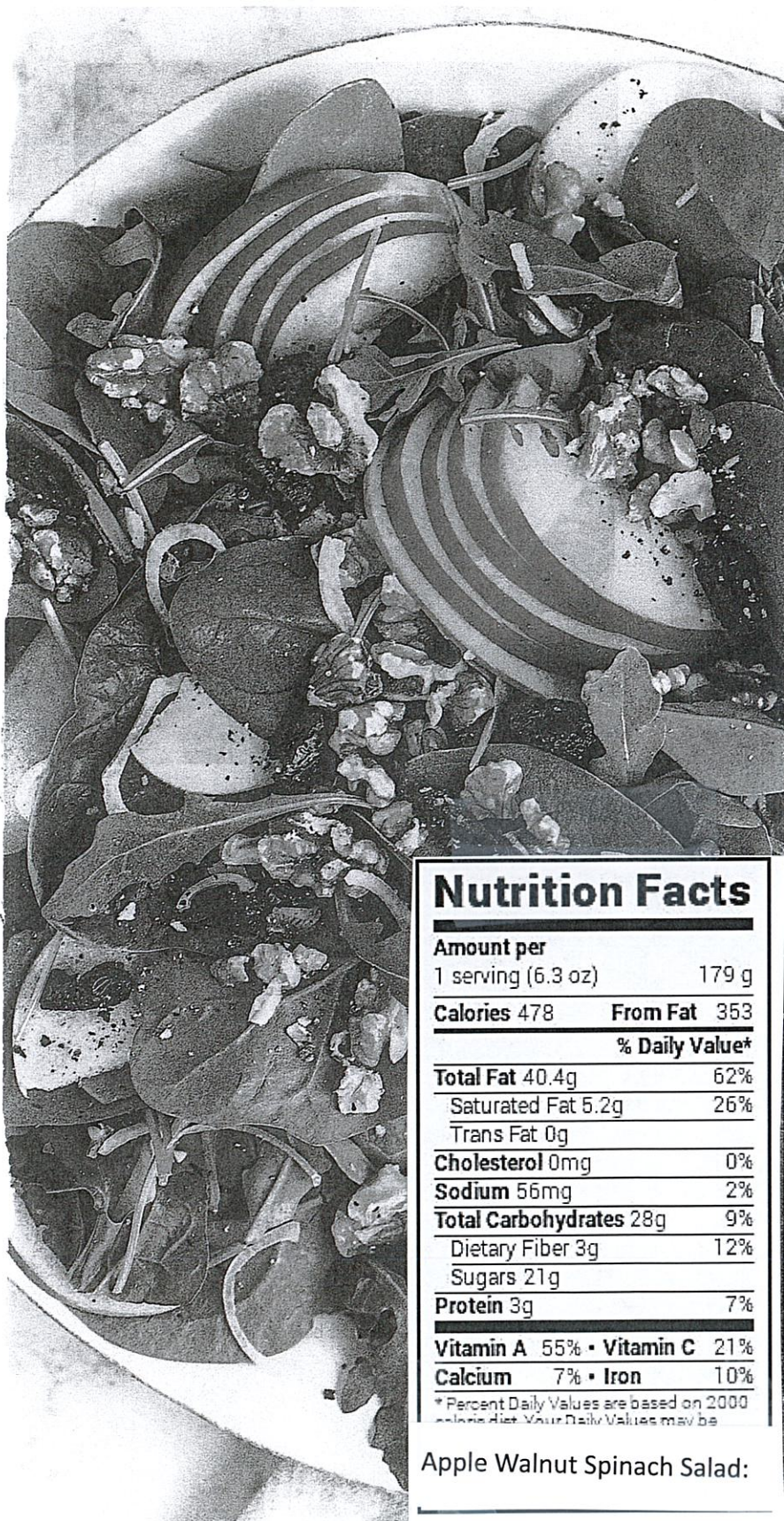
Amount per	
1 serving (9.6 oz)	274 g
<b>Calories</b> 190	<b>From Fat</b> 4
% Daily Value*	
<b>Total Fat</b> 0.4g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbohydrates</b> 50g	17%
Dietary Fiber 6g	25%
Sugars 41g	
<b>Protein</b> 1g	1%
<b>Vitamin A</b> 3% • <b>Vitamin C</b> 20%	
<b>Calcium</b> 2% • <b>Iron</b> 2%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

HappyForks.com

Applesauce





## Apple Walnut Spinach Salad with Balsamic Vinaigrette

### SALAD

4 cups spinach  
2 cups arugula  
1 apple (Honeycrisp or Gala), thinly sliced  
1 small shallot, thinly sliced  
1/3 cup dried cherries, chopped  
1/2 cup walnuts, chopped  
Fresh cracked black pepper, to taste

### BALSAMIC VINAIGRETTE

3/4 cup olive oil  
3/4 cup balsamic vinegar  
1 Tbsp maple syrup or honey  
2 tsp Dijon mustard  
1 tsp salt  
1 tsp garlic powder  
1/2 tsp fresh cracked black pepper  
2 to 4 Tbsp water, to thin (optional)

Prepare the salad: Place the spinach, arugula, apple slices and shallot in a large bowl or serving platter. Top with the dried cherries and walnuts. Finish with fresh cracked black pepper. Set aside.

Prepare the balsamic vinaigrette: Add all the dressing ingredients except the water to a blender. Blend until completely smooth. Add water to thin, if desired. The dressing makes about 2 cups. Store unused vinaigrette in an airtight container in the fridge for up to 2 weeks. Just before serving, drizzle the salad with 1/2 cup balsamic vinaigrette and toss. Makes 4 to 6 servings.

*Recipe and photo courtesy of Jessica Bippen (nourishedbynutrition.com)*

## Nutrition Facts

Amount per	
1 serving (6.3 oz)	179 g
<b>Calories</b> 478	<b>From Fat</b> 353
% Daily Value*	
<b>Total Fat</b> 40.4g	62%
Saturated Fat 5.2g	26%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 56mg	2%
<b>Total Carbohydrates</b> 28g	9%
Dietary Fiber 3g	12%
Sugars 21g	
<b>Protein</b> 3g	7%
<b>Vitamin A</b> 55% • <b>Vitamin C</b> 21%	
<b>Calcium</b> 7% • <b>Iron</b> 10%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be

Apple Walnut Spinach Salad:



## Easy Apple Crisp:

### Nutrition Facts

Amount per	
1 serving (6.6 oz)	187 g
<b>Calories</b> 379	<b>From Fat</b> 112
% Daily Value*	
<b>Total Fat</b> 12.8g	20%
Saturated Fat 7.5g	38%
Trans Fat 0.5g	
<b>Cholesterol</b> 31mg	10%
<b>Sodium</b> 174mg	7%
<b>Total Carbohydrates</b> 65g	22%
Dietary Fiber 5g	19%
Sugars 42g	
<b>Protein</b> 4g	8%
<b>Vitamin A</b> 8% • <b>Vitamin C</b> 10%	
<b>Calcium</b> 5% • <b>Iron</b> 9%	

\*Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## AUTUMN RECIPE

### Easy Apple Crisp

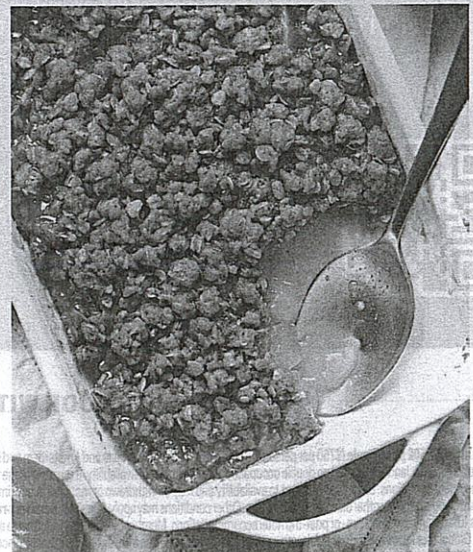
- ½ cup butter, softened
- ¾ cup plus 3 Tbsp firmly packed brown sugar, divided
- ¾ cup old-fashioned rolled oats
- ⅔ cup all-purpose flour
- ¾ tsp cinnamon, divided
- ¼ tsp salt
- 1 Tbsp lemon juice
- 1 Tbsp water
- 2 lbs Honeycrisp or Granny Smith apples, peeled, cored and sliced into ⅛-inch slices
- 1 Tbsp cornstarch
- Vanilla ice cream, for serving

Preheat the oven to 350 F. In a bowl, combine the butter, ¾ cup brown sugar, oats, flour, ½ tsp cinnamon and salt. Press with your fingers until thoroughly combined and clusters form. Refrigerate until needed.

Combine lemon juice and water in a large mixing bowl. Add the apple slices, then toss to coat. Sprinkle the apple slices with the cornstarch, remaining 3 Tbsp brown sugar and ¼ tsp cinnamon. Toss until evenly coated, then put in a 7 x 11-inch baking dish.

Remove the topping from the refrigerator, crumble into clusters and sprinkle on top of the apples. Bake on the middle rack for 40 to 50 minutes, or until the filling is bubbly, hot and starting to thicken, and the top is golden brown. Cover with a tent of foil if the topping browns too quickly. Cool for about 10 minutes, then serve warm with a scoop of vanilla ice cream. Makes 8 servings.

Recipe and photo courtesy of Kelly Shaban (foodtasia.com)





## Apple Butter

Measure with your heart!

Bunch of big apples

Cinnamon sticks

Nutmeg

Cloves

Brown Sugar

Peel and dice apples and put in a crockpot. Cook all day and all night on low and then fill the crockpot again with more apples. Cook all day and all night on low. Add cinnamon sticks, nutmeg, cloves and brown sugar. Cook all day and all night again on low. Spoon onto a cold plate and when it does not run put in jars. Store in the refrigerator.

1 crockpot makes about 20 baby food jars.

Apple Butter:

Nutrition Facts	
Amount per	
1 serving (4.2 oz)	119 g
Calories 81	From Fat 2
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrates 21g	7%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 0g	1%
Vitamin A 1%	Vitamin C 9%
Calcium 2%	Iron 1%
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
HappyForks.com	



## Apple Chicken Salad

12.5 oz canned chicken (drained)

½ Cup green grapes halved

½ Cup purple grapes halved

½ Cup chopped pecans

½ Cup dried Cranberries

1 Green apple chopped

1 Red apple chopped

2 celery ribs chopped

Mix together with just enough real mayonnaise to hold it together

Serves 6

## Walnut Apple Salad

Fresh salad greens

1 chopped apple

Chopped walnuts

Salt and pepper

Balsamic vinaigrette dressing to taste

### Apple Chicken Salad:

#### Nutrition Facts

##### Amount per

1 serving (7.1 oz) 202 g

**Calories** 271 **From Fat** 126

##### % Daily Value\*

**Total Fat** 14.4g 22%

Saturated Fat 2.4g 12%

Trans Fat 0g

**Cholesterol** 39mg 13%

**Sodium** 355mg 15%

**Total Carbohydrates** 23g 8%

Dietary Fiber 4g 14%

Sugars 18g

**Protein** 14g 28%

**Vitamin A** 6% • **Vitamin C** 10%

**Calcium** 4% • **Iron** 8%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

#### Nutrition Facts

##### Amount per

1 serving (6 oz) 171 g

**Calories** 452 **From Fat** 336

##### % Daily Value\*

**Total Fat** 38.3g 59%

Saturated Fat 5.7g 28%

Trans Fat 0.2g

**Cholesterol** 0mg 0%

**Sodium** 520mg 22%

**Total Carbohydrates** 26g 9%

Dietary Fiber 3g 10%

Sugars 20g

**Protein** 3g 5%

**Vitamin A** 55% • **Vitamin C** 20%

**Calcium** 7% • **Iron** 8%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

apple walnut salad 77

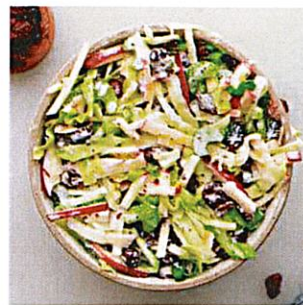


# Apple Coleslaw

Apple Coleslaw blends green cabbage, tart apples, sweet cranberries, and crisp almonds with a creamy, flavorful dressing.

Prep Time  
25 mins

Total Time  
25 mins



★★★★★  
5 from 11 votes

Course: Appetizer, Salad, Side Dish Cuisine: American, Healthy, Vegetarian

Keyword: Apple Coleslaw, Apple Coleslaw recipe Servings: 11 servings

Author: [Chelsea Lords](#) Cost: \$5.34

## Ingredients

- 1 small green cabbage
- 2 large Honeycrisp apples
- 1/2 cup celery very thinly sliced, 2 stalks
- 1/2 cup thinly sliced green onions
- 3/4 cup sliced almonds
- 3/4 cup dried sweetened cranberries

## Dressing

- 1/2 cup [mayo](#)
- 1/2 cup sour cream
- 1-1/2 tablespoons apple cider vinegar
- 2 teaspoons [Dijon-style mustard](#)
- 2 tablespoons honey or more if you want it sweeter
- [Salt](#) and [pepper](#)
- 1/4 teaspoon celery seed optional

## Instructions

1. Dressing: In a medium bowl, whisk dressing ingredients and season to taste with salt and pepper, then whisk until completely smooth. Refrigerate until ready to use.
2. Slaw: Thinly slice cabbage to make 7 packed cups (see note 1). Cut apples into matchsticks, about 3-1/4 cups (see note 2). Thinly slice celery and green onions. Combine all in a large bowl with almonds and cranberries.
3. Serve: Pour dressing over cabbage mixture and toss well. Refrigerate for 15–20 minutes to soften, then toss again, adjust seasoning as needed, and serve. Toss well occasionally during serving.

## Notes

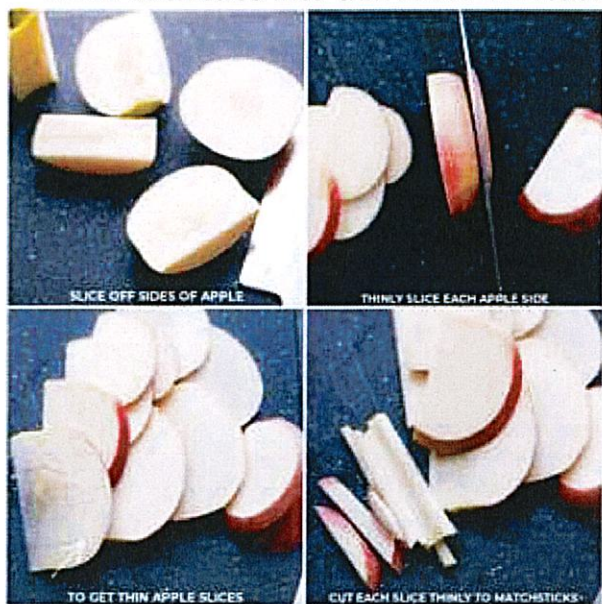
### Note 1: How to prepare the cabbage:

1. Remove any outer leaves that are browned or crumpled.
2. Cut cabbage exactly in half.
3. Cut those halves in half (to get four quarters) and cut out the core of each quarter.
4. Slice each cabbage quarter into very thin shreds.
5. Transfer sliced cabbage to a salad spinner base. Wash thoroughly and spin to dry completely.



**Note 2: How to prepare the apples:**

1. Wash and fully dry apples.
2. Cut each side from the core to get four pieces.
3. Cut each piece into thin slices.
4. Cut each slice into thin slices that look like matchsticks.



**Storage:** For the best taste and texture, enjoy Apple Coleslaw the same day it's made. If you have leftovers, store them in an airtight container in the fridge for up to 3 days. Stir well before serving.

**Nutrition**

Serving: 1serving | Calories: 204kcal | Carbohydrates: 22g | Protein: 3g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 4g | Trans Fat: 0.02g | Cholesterol: 10mg | Sodium: 95mg | Potassium: 249mg | Fiber: 4g | Sugar: 16g | Vitamin A: 224IU | Vitamin C: 25mg | Calcium: 64mg | Iron: 1mg

*Apple Coleslaw <https://www.chelseasmessyapron.com/apple-coleslaw/> September 26, 2024*



### Glazed Apple Cookies

¼ Cup soft unsalted butter  
¼ Cup shortening  
1 1/3 Cup packed brown sugar  
1 Egg  
2 Cup sifted all-purpose flour  
1 Tsp baking soda  
½ Tsp salt  
1 Tsp ground cinnamon  
½ Tsp ground cloves  
¼ Tsp ground nutmeg  
1 Cup chopped walnuts (opt)  
1 Cup Apples, peeled, cored,  
finely diced or coarsely grated  
1 Cup raisins  
¼ Cup milk  
1 ½ Cup sifted confectioners sugar  
1 Tbs melted butter

½ Tsp vanilla extract  
2 ½ Tbs half-and-half, or milk

1. Preheat oven to 400°F. Beat butter, shortening together until light & fluffy. Beat in egg thoroughly.  
2. Stir together flour through nutmeg.  
3. Stir half dry ingredients into creamed mixture. Stir in walnuts (if using), apples, & raisins. Then stir in remaining dry ingredients and milk. Mix well.  
4. Drop from a tablespoon 1 ½ inch apart onto a lightly greased baking sheet. Bake for 10 to 12 minutes.

### Glazed Apple Cookies

Remove cookies to racks and, while still warm, spread with glaze.

5. GLAZE: Combine confectioners' sugar, butter, vanilla, and enough half-and-half or milk to make a glaze of spreading consistency. Beat until smooth. Spread on warm cookies. Serving: 3 dozen  
Per Serving: 289 Cal, 11 g Fat(3g sat), 3 g Protein, 46 g Carb, 1 g Fiber, 151 mg Sodium, 14 mg Chol.

August 2013/allrecipes

from Jerri Hefling



## Makeover Apple Coffee Cake

1/3 cup butter, softened  
2 eggs  
2 cups all-purpose flour  
1 cup (8oz.) reduced-fat sour cream

2/3 cup sugar  
1 teaspoon vanilla extract  
1 teaspoon baking soda

### Topping:

1/3 cup chopped walnuts  
2 tablespoons sugar  
2 medium tart apples, peeled and thinly sliced

1/3 cup packed brown sugar  
1 teaspoon ground cinnamon

In a large bowl, beat butter and sugar until crumbly, about 2 minutes. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine flour and baking soda; add to creamed mixture alternately with sour cream, beating well after each addition (batter will be sticky).

In a small bowl, combine the walnuts, sugars and cinnamon. Spread half of the batter into an 11" x 7" baking dish coated with cooking spray. Top with apples; sprinkle with half of the topping. Gently top with remaining batter and topping.

Bake at 350°F for 40 to 45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Prep: 20 minutes. Bake: 40 to 45 minutes plus cooling time. Yield: 12 servings

*Nutrition Facts:* 1 piece equals 266 calories, 10 g fat (5g saturated fat), 55 mg carbohydrate, 1 g fiber, 5 g protein.

*Recipe from [tasteofhome.com/healthycooking](http://tasteofhome.com/healthycooking)*

from Jerry Heffling

## Apple Oatmeal Cookies

Very good

- 1 Pkg Yellow cake mix (18 ¼ oz)
- ½ C Packed brown sugar
- 1½ C Quick cooking oatmeal
- 2 Tsp Cinnamon
- ⅓ C Unsweetened applesauce
- 1 C Finely chopped, peeled apples
- ½ C Raisins
- ⅓ C Melted butter
- 1 Egg

centers on a greased cookie sheet.  
Bake at 350° F for 12 - 15 minutes or  
until golden brown.  
Let stand 2 minutes then remove to  
cooling rack.

Makes 5 dozen

In large bowl combine cake mix,  
sugar, oatmeal & cinnamon. In small  
bowl combine applesauce, apples,  
raisins, butter & egg. Add to first  
mixture & mix well.  
Drop by heaping teaspoon on 2 inch

*Taste of Home*

from Jacri Heffling

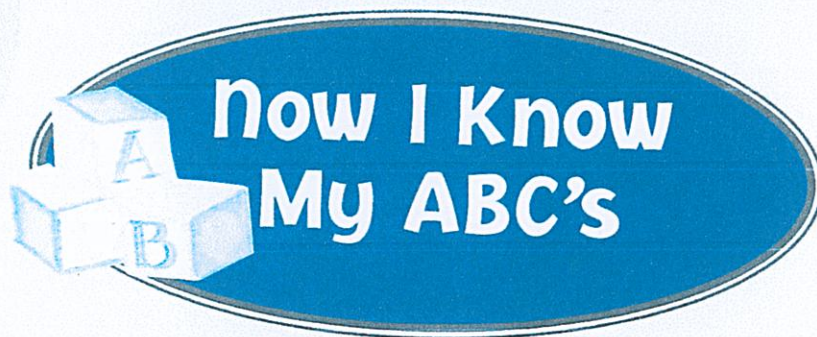
### Nutrition Facts

Amount per	
1 serving (0.8 oz)	22 g
<b>Calories 60</b>	<b>From Fat 15</b>
% Daily Value*	
<b>Total Fat</b> 1.7g	3%
Saturated Fat 0.8g	4%
Trans Fat 0g	
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 71mg	3%
<b>Total Carbohydrates</b> 11g	4%
Dietary Fiber 0g	2%
Sugars 2g	
<b>Protein</b> 1g	2%
<b>Vitamin A</b> 1% • <b>Vitamin C</b> 0%	
<b>Calcium</b> 3% • <b>Iron</b> 1%	

\* Percent Daily Values are based on 2000  
calorie diet. Your Daily Values may be  
higher or lower depending on your

Apple Oatmeal cookies:





## Apple Oatmeal Snack Bars

- 1½ cups all-purpose flour
- ¾ cup uncooked rolled oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup granulated sugar
- 2 tablespoons margarine, softened
- ½ cup MOTT'S® Cinnamon Apple Sauce
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup MOTT'S® Chunky Apple Sauce
- ½ cup raisins
- 1 tablespoon firmly packed light brown sugar
- ½ teaspoon ground cinnamon

1. Preheat oven to 375°F. Spray 8-inch square baking pan with nonstick cooking spray.
2. In medium bowl, combine flour, oats, baking powder and salt.
3. In large bowl, beat granulated sugar and margarine with electric mixer at medium speed until blended. Whisk in ½ cup cinnamon apple sauce, egg and vanilla. Add flour mixture to apple sauce mixture; stir until well blended. Spoon half of batter into prepared pan, spreading evenly.
4. In small bowl, combine 1 cup chunky apple sauce, raisins, brown sugar and cinnamon. Pour evenly over batter. Spoon remaining batter over filling, spreading evenly.
5. Bake 30 to 35 minutes or until lightly browned. Cool on wire rack 15 minutes; cut into 16 bars.

Makes 16 servings

### Apple Oatmeal snack bars

#### Nutrition Facts

Amount per		
1 serving (1.8 oz)		50 g
<b>Calories</b> 103	<b>From Fat</b> 17	
		% Daily Value*
<b>Total Fat</b> 1.9g		3%
Saturated Fat 0.3g		2%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 100mg		4%
<b>Total Carbohydrates</b> 21g		7%
Dietary Fiber 1g		5%
Sugars 9g		
<b>Protein</b> 2g		4%
<b>Vitamin A</b> 1%	<b>Vitamin C</b> 0%	
<b>Calcium</b> 3%	<b>Iron</b> 5%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## Apple Yogurt muffins

12 REYNOLDS® Baking Cups

### Topping

- 2 tablespoons flour
- 2 tablespoons sugar
- 1 tablespoon butter or margarine, softened
- ½ teaspoon ground cinnamon

### Muffins

- 2 cups flour
- ½ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- 1 carton (8 ounces) low-fat vanilla yogurt
- 1 egg
- ¼ cup vegetable oil
- 2 tablespoons low-fat milk
- ¾ cup peeled and chopped apples
- ½ cup raisins

REYNOLDS® Color Plastic Wrap

**PREHEAT** oven to 400°F. Place Reynolds Baking Cups in a muffin pan; set aside.

### For Topping

**COMBINE** topping ingredients until crumbly; set aside.

### For Muffins

**COMBINE** flour, sugar, baking powder, salt and cinnamon in large bowl. Beat together yogurt, egg, oil and milk in small bowl. Add to flour mixture; stir just until dry ingredients are moistened. Gently stir in apples and raisins. Spoon batter into baking cups, filling even with top of baking cups. Sprinkle topping over each muffin.

**BAKE** 23 to 25 minutes or until golden brown. Cool in pan. Wrap muffins individually in plastic wrap. *Makes 12 muffins*

## Nutrition Facts

Amount per	
1 serving (2.3 oz)	66 g
<b>Calories</b> 172	<b>From Fat</b> 52
% Daily Value*	
<b>Total Fat</b> 6g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 117mg	5%
<b>Total Carbohydrates</b> 26g	9%
Dietary Fiber 1g	3%
Sugars 9g	
<b>Protein</b> 4g	7%
<b>Vitamin A</b> 1%	<b>Vitamin C</b> 1%
<b>Calcium</b> 12%	<b>Iron</b> 7%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be

Apple Yogurt muffins



# Apple Cider Doughnut Holes



5 from 4 votes

Our Apple Cider Doughnut Holes are baked rather than fried and are loaded with apple cider flavors and coated in a delicious cinnamon sugar topping.

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Course: Dessert   Cuisine: American   Servings: 12   Calories: 257kcal

Author: [Jennifer Fishkind](#)

## Ingredients

### Doughnut

- 2 cups all purpose flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 cup white granulated sugar
- ½ cup apple cider
- ½ cup milk
- 1 egg lightly beaten
- 1 tsp vanilla extract

### Coating

- 4 tbsp melted butter
- 1 cup white granulated sugar mixed with 2 teaspoons cinnamon

## Instructions

1. Preheat the oven to 350 degrees and prepare a mini muffin pan by coating with butter or cooking spray.
2. In a large bowl, combine the flour, baking powder, cinnamon and sugar and whisk until combined.
3. Add the apple cider, milk, egg and vanilla and stir until fully incorporated.
4. Use a small cookie scoop to fill each section of the mini muffin pan  $\frac{3}{4}$  full.
5. Bake for 8-10 minutes or until cooked through. Allow to cool slightly.
6. Remove each doughnut hole and roll before dipping into the butter and cinnamon sugar mixture. Serve warm.

## Nutrition

Calories: 257kcal | Carbohydrates: 51g | Protein: 3g | Fat: 5g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 25mg | Sodium: 45mg | Potassium: 122mg | Fiber: 1g | Sugar: 35g | Vitamin A: 154IU | Vitamin C: 1mg | Calcium: 51mg | Iron: 1mg



## Apple Crisp

3 lbs. Medium apples peeled and sliced.

Stir together with

3 T flour

½ Cup sugar

And Cinnamon to taste (until apples are brown)

Put in greased 9 X 13 baking dish

### Topping

1 ½ cups old fashioned oats

¾ cup flour

¾ cup butter - melted

1 ½ cups brown sugar

¾ tsp salt

¾ cup white sugar

Mix the topping and sprinkle over the top of the apples. Bake 40 minutes at 350

Serves 12

Submitted by Debi Doering

### Nutrition Facts

Amount per  
1 serving (7.3 oz) 206 g

Calories 457 From Fat 115

% Daily Value\*

Total Fat 13.2g 20%

Saturated Fat 7.6g 38%

Trans Fat 0.5g

Cholesterol 31mg 10%

Sodium 246mg 10%

Total Carbohydrates 84g 28%

Dietary Fiber 5g 20%

Sugars 59g

Protein 5g 10%

Vitamin A 8% • Vitamin C 9%

Calcium 5% • Iron 10%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## RED CINNAMON APPLE RINGS

Make syrup of 1 cup water, 2 cups sugar, 1/3 c. red cinnamon candies (red hots), and a few drops of red food coloring. Pare and core apples and slice into 1/2 inch rings. Cook apple rings in syrup until tender. A great dish to have year round; keeps well.

Note: I use 1/2 c. water, 1 c. sugar, 1/3 c. red hots, and food coloring and it works well. I don't usually make a full bag of apples so I don't need as much syrup.

From my 1971 Betty Crocker New Good and Easy Cookbook, Submitted by Beverly Burke, MFV

## APPLESAUCE (INSTANT POT)

Ingredients:

3 lb. of your favorite apples, peeled and quartered

1-2 cinnamon sticks

1/4 c. water

1/4-1/2 t. nutmeg or allspice

A pinch of salt

honey to taste

Instructions:

Place apples, water, nutmeg or allspice, and cinnamon sticks into pressure cooker. Close lid and cook at high pressure for 5 minutes. Turn off heat and let cool to use natural release. Open the lid carefully. Remove cinnamon sticks and blend the applesauce into desired consistency with an immersion blender. Taste and add a pinch of salt and honey to taste. (Apples vary widely in their texture and taste so be sure to adjust sweetness/tartness to your liking)

Note: I often use more than 3 pounds of apples and the recipe still does well. An easy way to use apples just a bit past their prime and it is an easy, healthy dish.

Submitted by Beverly Burke, MFV

### Nutrition Facts

Amount per	
1 serving (6.2 oz)	176 g
<b>Calories</b> 225	<b>From Fat</b> 2
% Daily Value*	
<b>Total Fat</b> 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrates</b> 58g	19%
Dietary Fiber 3g	11%
Sugars 51g	
<b>Protein</b> 0g	1%
<b>Vitamin A</b> 1% • <b>Vitamin C</b> 9%	
<b>Calcium</b> 1% • <b>Iron</b> 1%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be	

Applesauce:

### Nutrition Facts

Amount per	
1 serving (4.2 oz)	120 g
<b>Calories</b> 63	<b>From Fat</b> 2
% Daily Value*	
<b>Total Fat</b> 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 27mg	1%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 3g	11%
Sugars 13g	
<b>Protein</b> 0g	1%
<b>Vitamin A</b> 1% • <b>Vitamin C</b> 9%	
<b>Calcium</b> 1% • <b>Iron</b> 1%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	