

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100521—Apples, Gala, Fresh

Category: **Fruits**



### PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Gala apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

### CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the [Food Buying Guide](#) for specific information about crediting for the various apple sizes.

### CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

#### Amount Per Serving

**Calories** 32

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 1mg

**Total Carbohydrate** 8g

Dietary Fiber 1g

Sugars 6g

**Protein** 0g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.