



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Maple Applesauce Topping

**Makes:** 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned applesauce	3 lb 9 oz	1 qt 2 1/2 cups	7 lb 2 oz	3 qt 1 cup
Maple-flavored pancake syrup	6 oz	1/2 cup	12 oz	1 cup

### Directions

1. In a bowl, whisk applesauce and syrup until blended.
2. Portion with No. 16 scoop (1/4 cup). No. CCP necessary.

### Notes

Special Tip:

Use as topping for pancakes, waffles, French toast, or ice cream.

### My Notes

**Source:** USDA Recipes for Child Care

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>	<b>Meal Components</b>
Calories	67	Fruits 1/4 cup
Total Fat	0 g	<a href="#">For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.</a>
Saturated Fat	0 g	
Cholesterol	0 mg	
Sodium	6 mg	
Total Carbohydrate	18 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	0 g	
Vitamin D	N/A	
Calcium	3 mg	
Iron	0 mg	
Potassium	N/A	

N/A - data is not available