

# Maple Applesauce Topping

Fruit

Dips, Sauces, and Toppings

C-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned applesauce	3 lb 9 oz	1 qt 2 1/2 cups	7 lb 2 oz	3 qt 1 cup	1. In a bowl, whisk applesauce and syrup until blended.
Maple-flavored pancake syrup	6 oz	1/2 cup	12 oz	1 cup	2. Use as a topping for pancakes, waffles, French toast, or ice cream.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of fruit	<b>25 Servings:</b> 3 lb 15 oz	<b>25 Servings:</b> 1 qt 3 cups
	<b>50 Servings:</b> 7 lb 14 oz	<b>50 Servings:</b> 3 qt 2 cups

Special Tip:  
The strength of the maple flavoring can be increased by adding more syrup.

Nutrients Per Serving					
<b>Calories</b>	47	<b>Saturated Fat</b>	0 g	<b>Iron</b>	.1 mg
<b>Protein</b>	0 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	2 mg
<b>Carbohydrate</b>	12 g	<b>Vitamin A</b>	2 RE/19 IU	<b>Sodium</b>	7 mg
<b>Total Fat</b>	0 g	<b>Vitamin C</b>	1 mg	<b>Dietary Fiber</b>	1 g