



## APPLE-CHERRY JUICE, UNSWEETENED, BOTTLE

Date: November 2012 Code: 100894

### PRODUCT DESCRIPTION

- Canned unsweetened apple-cherry juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners.
- Apple-cherry juice has added ascorbic acid (vitamin C).

### PACK/YIELD

- Apple-cherry juice is packed in 64 ounce plastic bottles, which is about 16 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened plastic bottles in a cool, clean, dry place.
- Store remaining juice in a tightly covered container and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Apple-cherry juice can be served as a beverage, chilled on its own or used as a base for punch.
- Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup seltzer or sparkling water to make a sweet fruity beverage.
- Mix apple-cherry juice with yogurt, fruit, and ice for an easy smoothie.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of apple-cherry juice is equal to  $\frac{1}{2}$  cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- $\frac{1}{2}$  cup of apple-cherry juice provides 50% of the recommended daily amount of vitamin C.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when it is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (4oz) apple-cherry juice, unsweetened

#### Amount Per Serving

<b>Calories</b>	60	<b>Calories from Fat</b>	0
-----------------	----	--------------------------	---

#### % Daily Value\*

<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 5mg		<b>0%</b>
<b>Total Carbohydrate</b> 16g		<b>5%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 16g		
<b>Protein</b> 0g		
Vitamin A 0%	Vitamin C 50%	
Calcium 1%	Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## APPLE-CHERRY CINNAMON OATMEAL

**MAKES 2 SERVINGS**

### Ingredients

- 1 cup water
- ¼ cup apple-cherry juice
- 1 small apple, peeled, center removed, and chopped
- ⅔ cup old fashioned oatmeal
- 1 teaspoon ground cinnamon
- 1 cup 1% low-fat milk

### Directions

1. Combine water, apple-cherry juice, and apple in a small saucepan.
2. Bring to a boil over high heat; stir in the oatmeal and cinnamon.
3. Return to a boil, then reduce heat to low and cook until thick, about 2 minutes.
4. Spoon oatmeal into 2 bowls. Pour ½ cup milk over each serving.

Nutrition Information for 1 serving of Apple-Cherry Cinnamon Oatmeal							
<b>Calories</b>	190	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	15 g	<b>Vitamin C</b>	20 mg
<b>Calories from Fat</b>	30	<b>Sodium</b>	60 mg	<b>Protein</b>	9 g	<b>Calcium</b>	170 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	35 g	<b>Vitamin A</b>	70 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	4 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## HOT APPLE-CHERRY CIDER

**MAKES 8 SERVINGS**

### Ingredients

- 8 cups apple-cherry juice
- ¼ cup sugar
- ½ teaspoon cinnamon
- ½ orange, sliced

### Directions

1. Combine all ingredients in a medium saucepan.
2. Bring to a boil, reduce the heat, and cook for 5-10 minutes.
3. Remove from heat. Serve hot.

Nutrition Information for 1 serving of Hot Apple-Cherry Cider							
<b>Calories</b>	130	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	29 g	<b>Vitamin C</b>	150 mg
<b>Calories from Fat</b>	5	<b>Sodium</b>	10 mg	<b>Protein</b>	0 g	<b>Calcium</b>	20 mg
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	32 g	<b>Vitamin A</b>	0 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from The Michigan Apple Committee.*