



Apple Juice

Canned, unsweetened apple juice is 100% juice, and has no added sweeteners. Apple juice is fortified with vitamin C. It is also low in fat and sodium.

Nutrition Information

Apple juice is part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

One cup of apple juice provides almost 100% of your daily value of vitamin C.

Based on MyPyramid, $\frac{1}{2}$ cup of apple juice provides $\frac{1}{2}$ cup of fruit from the fruit group. A typical person should try to eat 2 cups of fruit every day.

Whole fruits have more fiber than fruit juice, so be sure to include whole fruit as part of your healthy diet.



Storage

Store unopened cans in a cool, dry place off the floor.

Store opened apple juice in a tightly covered plastic container in the refrigerator.

Use within 5 to 7 days!

Do not use canned juice if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Heat apple juice in a saucepan with cinnamon for a cold weather treat.
- ✓ Blend apple juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- ✓ Mix $\frac{1}{2}$ cup juice with $\frac{1}{2}$ cup sparkling water for a sparkling soda.
- ✓ Fill an empty ice-cube tray with apple juice to make frozen juice pops.



Know how. Know **now**.



Recipes



Swiss Chicken

4 servings

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| 4 chicken breast halves, boneless, skinless | 1/2 c. apple juice |
| 4 (3/4 oz.) slices Swiss cheese | 1 c. croutons |
| 1 (10 3/4 oz.) can cream of mushroom soup | 1/4 c. margarine or butter, melted |

1. Preheat oven to 325°F. Spray a 9x13-inch casserole dish. Set aside.
2. Place chicken in prepared casserole dish.
3. Cover with Swiss cheese.
4. In a small bowl, combine soup and apple juice. Pour over the cheese.
5. In a bowl, toss croutons in melted margarine. Sprinkle on top of soup mixture.
6. Bake for 1 hour and 15 minutes.

Nutrition Information per Serving: Calories 650, Total Fat 39 g (60% DV), Saturated Fat 14 g (71% DV), Cholesterol 155 mg (37% DV), Sodium 900 mg (37% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 1 g (3% DV), Sugars 8 g, Protein 54 g, Vitamin A 20%, Vitamin C 2%, Calcium 35%, Iron 15%.



Finger Gelatin

16 servings

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| 3 envelopes unflavored gelatin | 3 c. fruit juice, divided into two 1 1/2 c. portions |
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1. In a medium sized bowl, sprinkle gelatin over 1 1/2 cups of the fruit juice.
2. Heat remaining juice until almost boiling. Add hot juice to gelatin mixture and stir until gelatin is dissolved.
3. Pour into an 8-inch baking pan and chill until firm. Cut into fun shapes or cubes.

Nutrition Information per Serving: Calories 45, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 15 mg (1% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 0 g (0% DV), Sugars 6 g, Protein 5 g, Vitamin A 0%, Vitamin C 15%, Calcium 0%, Iron 0%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

