



## Convenience Items – Apple Sauces & SLENDA® Products



Now you can offer your diners the pure fruit freshness of Musselman's® and Lucky Leaf® brands of Apple Sauces from Knouse in easy, convenient sizes and with fewer calories and less sugar than other brands. Portion-controlled, ready-to-serve Apple Sauce cups are packed for freshness and contain the minimum daily requirement of one fruit. The 48 oz. and 64 oz. plastic bottles make safety and convenience the top priorities. SLENDA Pie Fillings and Apple Sauces are the perfect addition to healthy meal offerings and make low-calorie cooking easy.

# Musselman's® and Lucky Leaf® Apple Sauces and SPLENDA® Products Serve Up Healthy Profits!

## One Great Apple Sauce, 8 Delicious Flavors

Only Knouse Foods blends up to five select apple varieties into every 4 oz. or 6 oz. ready-to-serve cup of Musselman's or Lucky Leaf single-serve Apple Sauce.



- Add a tangy twist to a special menu meal.
- Tempting fruit flavors – Raspberry, Strawberry, Peach, Orange-Mango or Cherry.
- Regular, Natural and Cinnamon flavor, too.
- Plenty of variety for breakfast, lunch, dinner or healthy snacks.
- Kosher © Apple Sauces.

## Packed with Convenience, Cost Control and Quality

Knouse Foods' trusted Musselman's and Lucky Leaf Apple Sauces make serving versatile, nutritious, convenient, safe and cost-effective meals easy:

- Tear-off foil covers remain sealed until ready for serving.
- Only 80 calories per cup, low sodium and no fat or cholesterol.
- No-hassle handling and labor savings.
- Easy storage, serving and cleanup.

- Shelf stability and peak freshness.
- Innovative shatter-proof plastic Apple Sauce containers are safer than glass or cans.
- 4 oz. portion-controlled servings satisfy the minimum daily fruit requirement of one fruit.
- Non-slip grip, easy pour, resealable 46 oz., 48 oz. and 64 oz. plastic bottles help save on labor costs and reduce spoilage.
- These versatile products are great for use by the wait staff.
- Single-serve size is available in 12 six-pack sleeves or loose pack in a 72-count box.



## Musselman's, Lucky Leaf and SPLENDA – A Delicious Combination

Musselman's and Lucky Leaf Pie Fillings and Apple Sauces made with SPLENDA are the perfect way to tailor your menu to those with special dietary concerns. All are suitable for those with diabetes or on sugar-restricted diets.

- SPLENDA is the only no-calorie sweetener made from sugar.
- SPLENDA tastes like sugar and creates no unpleasant after-taste, preserving the delicious fresh fruit taste of our products.
- Musselman's and Lucky Leaf SPLENDA products remain stable at high temperatures, making them great for cooking or baking healthy recipes.
- Musselman's Fruit Sauces in 4 oz. cups sweetened with SPLENDA have added Vitamin C and calcium, making them terrific school and healthcare products.
- Musselman's fancy Apple Sauce sweetened with SPLENDA is available in 4 oz. cups and 48 oz. plastic bottles.



# Nutrition Information (Per 100 grams [3.5 oz.])

Product	Knouse Product Code	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (I.U.)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
<b>6 oz. Single Serve Cups</b>														
Apple Sauce – Sweetened	11006	74	0.05	0.0	0.0	5	18	1.00	16	0.02	<50	<1	2	0.06
Cinnamon Apple Sauce	11446	78	0.00	0.0	0.0	2	19	1.35	15	0.21	52	<1	3	0.22
Apple Sauce – Unsweetened	11606	46	0.22	0.0	0.0	4	11	1.20	9	0.01	<50	<1	3	0.11

## SPLENDA® Sweetened Products

Apple Sauce – 4 oz. cup	11615	46	0.09	0.0	0.0	3	11	1.52	8	0.12	48	<1	2	0.00
Apple Sauce – 46 oz. Plastic	11878	46	0.09	0.0	0.0	3	11	1.52	8	0.12	48	<1	2	0.00
Apple Pie Filling – 20 oz. can	11208	34	0.01	0.0	0.0	8	8	0.94	6	0.07	18	<1	4	0.25
Cherry Pie Filling – 20 oz. can	10235	39	0.16	0.0	0.0	15	9	0.76	4	0.36	441	14	7	0.62
Apple Pie Filling – #10 can	30175	41	0.08	0.0	0.0	59	10	0.86	5	0.08	25	16	2	<0.25
Cherry Pie Filling – #10 can	30177	48	0.08	0.0	0.0	21	11	0.39	5	0.42	406	4	6	<0.25

## SPLENDA Sweetened Products with Vitamin C and Calcium Musselman's® Brand Only (left product code number is a 12/6 pk. sleeve, and right code number is 72 loose pack case)

Cherry Apple Sauce	11325/11425	52	0.02	0.0	0.0	6	13	1.31	9	0.13	52	4	53	0.17
Peach Apple Sauce	11366/11466	51	0.00	0.0	0.0	5	13	1.64	8	0.15	66	4	54	0.57
Raspberry Apple Sauce	11387/11487	48	0.02	0.0	0.0	9	12	1.28	8	0.19	53	4	53	0.16
Orange Mango Apple Sauce	11343/11440	50	0.03	0.0	0.0	8	12	1.20	8	0.16	158	4	55	0.20
Strawberry Apple Sauce	11394/11493	49	0.02	0.0	0.0	7	12	1.29	8	0.19	48	4	53	0.20

## Single Serve Lucky Leaf® Brand Only (left product code number is a 12/6 pk. sleeve, and right code number is 72 loose pack case)

Apple Sauce – Sweetened	11011/11013	74	0.05	0.0	0.0	5	18	1.00	16	0.02	<50	<1	2	0.06
Cherry Apple Sauce	11322/11422	83	0.15	0.0	0.0	8	20	1.50	17	0.16	41	<1	4	0.17
Raspberry Apple Sauce	11384/11407	76	0.10	0.0	0.0	2	19	1.30	15	0.20	10	5	11	0.16
Orange Mango Apple Sauce	11388/11428	83	0.06	0.0	0.0	8	20	1.50	14	0.13	167	2	4	0.19
Strawberry Apple Sauce	11393/11408	75	0.10	0.0	0.0	2	18	1.40	15	0.30	90	2	13	0.18
Cinnamon Apple Sauce	11441/11443	78	0.00	0.0	0.0	2	19	1.35	15	0.21	52	<1	3	0.22
Apple Sauce – Unsweetened	11611/11613	46	0.22	0.0	0.0	4	11	1.20	9	0.01	<50	<1	3	0.11



Knouse Foods has been picking the very best apples for over 50 years. As the apple experts, we're dedicated to producing foodservice products that deliver the best in outstanding natural taste, appealing texture and consistent quality. As experts in supplying the foodservice industry, we also make sure to pack each product full of convenience, safety and economy. With the Knouse Foods family of brands, you know that you're getting products that are good for both your customers and your bottom line.

For more easy and delicious recipes, go to [www.knousefoods.com](http://www.knousefoods.com).

800 Peach Glen – Idaville Road, Peach Glen, PA 17375-0001 • Phone: 717-677-8181 • Fax: 717-677-7069



## Tempting Tips

Try these easy, effortless, economical tips to get the most out of every container of Musselman's® and Lucky Leaf® Apple Sauces and SPLENDA® products.

### Breakfast

- Create your own breakfast enchiladas by spooning your favorite Lite Pie Filling onto the center of a flour tortilla or prepared crepe. Serve with a dollop of vanilla yogurt or low-fat sour cream.
- Spoon Apple Sauce on top of hot cooked cream of wheat, instead of using butter or margarine.
- Blend Lite Pie Filling with plain yogurt. Top with your favorite cereal for crunch.



Apple Sauce Dip for Chicken Fingers

### Lunch/Dinner

- Apple Sauce makes a delicious dip with chicken fingers for kids.
- Fill acorn squash halves with Lite Apple Pie Filling. Sprinkle with chopped walnuts and bake.
- Glaze pork chops or chicken breasts with Lite Cherry Pie Filling thinned with Apple Juice. Garnish with sliced almonds.
- Make a hearty vegetable casserole with three parts canned sweet potatoes to one part Lite Apple Pie Filling. Garnish with dried cranberries.
- As a lighter variation, mix mashed sweet potatoes with Apple Sauce; season with black pepper and a dash of nutmeg.

Low-Cal Smoothie ▶



Fruit-Filled Breakfast Enchiladas

### Snacks

- For a fruit-filled muffin, place a spoonful of any flavor Lite Pie Filling on top of muffin batter before baking.
- Swirl Lite Cherry Pie Filling into Lite Apple Sauce for a colorful and fruity snack.
- Make a low-calorie smoothie! Put Lite Apple or Cherry Pie Filling into a blender with low-fat plain yogurt and ice cubes.

### Dessert

- A 4 oz. cup of Apple Sauce with SPLENDA is a perfect dessert for a dysphagia or dialysis patient.
- Push a popsicle stick through the foil in the center of a 4 oz. cup of apple sauce and freeze to make an apple sauce-sicle. Unmold after thawing slightly under refrigeration.
- Create a Black Forest parfait. Crush vanilla wafers and place in bottom of parfait glass or baking pan. Top with your favorite Lite Pie Filling, Chocolate Pudding and whipped topping. Chill before serving.
- Spoon tablespoonfuls of Lite Cherry Pie Filling onto low-fat brownie batter before baking.

