

Apple Vinaigrette - CACFP

General Information

Recipe #	Category	Source
1755732	Condiments 	Local

Ingredients

Name	Quantity	Quantity + 2
Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)	1 ¼ c. slices	
Vinegar, cider	3 Fluid Ounce	
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	3 FL OZ	
Honey	⅓ c., 2 tsp.	
Onions, raw	¼ c. chopped, raw to prepared	
Mustard, prepared, yellow	3 tbsp.	
Salt, table	1 tsp.	
Vegetable oil, palm kernel	½ c.	

Preparation Instructions

HACCP Process: #1 - No Cook

1. Cut apples into quarters and core them.
2. Place apples in blender.
3. Add vinegar, apple juice, honey, onions, mustard, and salt to the apples and blend until smooth.
4. Stream in oil until mixture is emulsified and smooth.

*Can substitute the apples with peaches for flavor variations.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-



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Serving Size	Yield
0.5 OZ	25.00

Nutrition Facts

Serving Size 0.5 OZ (25 gm)

Amount Per Serving	
Calories	59.808
% Daily Value*	
Total Fat	4.437 gm 6.827%
Saturated Fat	3.560 gm 17.801%
Trans Fat	0.000* gm
Cholesterol	0.000 mg
Sodium	114.257 mg 4.761%
Total Carbohydrate	5.587 gm 1.862%
Dietary Fiber	0.238 gm 0.952%
Total Sugars	5.168 gm
Includes 4.176 gm of Added Sugars	
Protein	0.113 gm 0.225%
Vitamin A	0.257 mcg RAE 0.029%
Vitamin C	0.380 mg 0.633%
Vitamin D	0.000 mcg
Calcium	2.615 mg 0.261%
Iron	0.072 mg 0.401%
Potassium	18.978 mg 0.404%
Saturated Fat % of Calories	53.573 %
Added Sugar % of Calories	27.928 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Added Sugar Limitations

Not applicable.

to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Dates

Last Updated	Created
02-26-2025	02-26-2025

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