

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

[Baked Cinnamon Apples](#)

Baked Cinnamon Apples

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 422.000 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10376 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------------|--|------------|
| APPLE SLCD W/P 6-10 GCHC | 14 1/15 #10 CAN | | 117773 |
| Applesauce cnd | 7 #10 CAN | If commodity isn't available use GFS#271497 | 110541comm |
| SPICE CINN-MAPL SPRINKLE 29Z TRDE | 1 3/4 Cup | | 565911 |
| SUGAR BROWN LT 12-2 P/L | 7 Cup | | 860311 |
| SUGAR BEET GRANUL 25 GCHC | 8 4/5 Cup | | 108588 |
| SPICE CINNAMON GRND 15Z TRDE | 14 1/15 Tablespoon | | 224723 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 422.000

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 85.58 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 9.48mg | | |
| Carbohydrates | 21.64g | | |
| Fiber | 2.16g | | |
| Sugar | 17.76g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.20mg | Iron | 0.01mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available