

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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[Baked Cinnamon Apples](#)

Baked Cinnamon Apples

NO IMAGE

Servings:	180.000	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 CAN		117773
Applesauce cnd	3 #10 CAN	If commodity isn't available use GFS#271497	110541comm
SPICE CINN-MAPL SPRINKLE	3/4 Cup		565911
SUGAR BROWN LT	3 Cup		860311
SUGAR BEET GRANUL	3 3/4 Cup		108588
SPICE CINNAMON GRND	6 Tablespoon		224723

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 180.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	85.58
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.48mg
Carbohydrates	21.64g
Fiber	2.16g
Total Sugar	17.76g
Added Sugar	5.26g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.20mg	Iron 0.01mg

Nutrition - Per 100g

No 100g Conversion Available