

Apple Crisp

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	1 Quart 1 Pint (6 Cup)		227528
Oats, Rolled, Whole	1 Quart 1 Pint (6 Cup)		100466
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
Apple Slices, Canned, Unsweetened	6 #10 CAN		100206
BUTTER ALT LIQ NT	1 Pint 1/2 Cup (2 1/2 Cup)		614640

Preparation Instructions

Recipe is divided into 4 1/2 cake pans. Mix and sprinkle over apples. Bake at 350 degrees for 40 minutes.

NOTE: This is a dessert grain. Not whole grain rich.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.776
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	234.75		
Fat	6.64g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	42.36g		
Fiber	4.29g		
Sugar	25.49g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.48mg	Iron	0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available
