

# Apple Crisp

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.776
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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