

# HOMEMADE WARM CINNAMON APPLES

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9952
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD MI 7+1	30 Pound		270954
SPICE CINNAMON GRND	1/4 Cup		224723
SPICE NUTMEG GRND	1 Tablespoon		224944
BUTTER PRINT SLTD GRD AA	4 Fluid Ounce		191205

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 120.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	132.38		
<b>Fat</b>	0.73g		
<b>SaturatedFat</b>	0.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.00mg		
<b>Sodium</b>	23.14mg		
<b>Carbohydrates</b>	29.71g		
<b>Fiber</b>	1.14g		
<b>Sugar</b>	27.43g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	1.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available