

FLAME ROASTED APPLES WITH CINNAMON AND SUGAR

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32737
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI FLAME ROASTED	4 Ounce		136120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.541
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	64.86
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.78mg
Carbohydrates	17.30g
Fiber	1.08g
Sugar	14.05g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.81mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available