

APPLE NACHOS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39790
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	1/2 Cup		792382
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
CHOC CHIPS SMISWT MINI	1 Fluid Ounce		874525
SAUCE CARAMEL SEA SLT	1/2 Ounce	READY_TO_EAT Ready to use	523262

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Approximately 6 apple slices - 22 servings per bag.

#8 scoop for yogurt

#30 scoop for chocolate chips

1 bottle of caramel sauce does 50 apple nachos

Meal Components (SLE)

Amount Per Serving

Meat	0.834
Grain	1.160
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	586.27		
Fat	18.27g		
SaturatedFat	5.73g		
Trans Fat	0.00g		
Cholesterol	5.34mg		
Sodium	306.27mg		
Carbohydrates	105.18g		
Fiber	8.00g		
Sugar	63.68g		
Protein	9.69g		
Vitamin A	100.00IU	Vitamin C	4.80mg
Calcium	170.29mg	Iron	3.57mg

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

Nutrition - Per 100g

No 100g Conversion Available