

Apple Crisp

Servings:	35.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51255
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 Pint 5/6 Cup (2 5/6 Cup)	1.5 cups for topping 1.33 cups for filling	330094
OATS QUICK HOT CEREAL	1 3/4 Cup		100800
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)	1 tsp. for topping 1 Tbsp. for filling	224723
SPICE NUTMEG GRND	1/2 Tablespoon	Optional	224944
MARGARINE SLD	1 Cup	Softened	733061
SUGAR BROWN MED	1 Pint		108626
Frozen Apple Slices	6 Pound	Thawed. May substitute frozen blueberries, thawed.	100258
Water	2/3 Cup		Water
SUGAR BEET GRANUL	2/3 Cup		108588

Preparation Instructions

Topping:

1. Mix 1.5 cups flour, oats, 1 tsp. cinnamon, nutmeg, and brown sugar. Then cut in the margarine. Mix until crumbly consistency.

Filling:

1. Mix sugar, 1 Tbsp. cinnamon, and 1.33 cup flour together and set aside.
2. Mix fruit and water together and stir in the dry Ingredients until thoroughly incorporated.
3. Put filling in #1 pan.
4. Top with the topping mixture.
5. Bake at 325 for 45 minutes
6. Use a 4 ounce server to serve up apple crisp.

Keep in warmer until serving time

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	197.27
Fat	5.64g
SaturatedFat	2.14g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	53.75mg
Carbohydrates	36.49g
Fiber	2.53g
Sugar	24.42g
Protein	2.02g
Vitamin A 342.86IU	Vitamin C 0.00mg
Calcium 5.30mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available