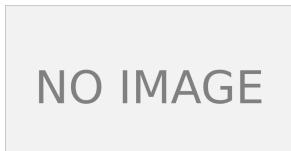
# **Apple Crisp**



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 Сир	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 342.86IL	J 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