

# Baked Apples

<b>Servings:</b>	208.00	<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-29088
<b>School:</b>	Northwood High School		

## Ingredients

Description	Measurement	DistPart #
SUGAR BROWN MED	6 Pound	108626
SPICE CINNAMON GRND	1 Fluid Ounce 1 1/2 Tablespoon (3 1/2 Tablespoon)	224723
FLOUR HR A/P	1 Pint	227528
SUGAR CANE GRANUL	1 Quart 1 Cup (5 Cup)	108642
Apple Slices, Canned, Unsweetened	8 #10 CAN	100206

## Preparation Instructions

Mix brown sugar, cinnamon, flour, and sugar in bowl.

Grease 8 2-B pans well.

Put 1 #10 can apples in each pan.

Add 1 1/4 cups of sugar-flour-cinnamon mixture to each pan. Toss/mix apples and mixture together.

Bake at 325 degrees for 25 to 30 minutes.

Serve warm with #8 disher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.077
<b>Fruit</b>	0.497
<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: 208.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	120.20		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.95mg		
<b>Carbohydrates</b>	30.51g		
<b>Fiber</b>	2.02g		
<b>Sugar</b>	26.68g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.17mg	<b>Iron</b>	0.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available