

FLAME ROASTED APPLES WITH CINNAMON AND SUGAR



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