

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	1.001
Grain	2.000
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	
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