

Baked Apples



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35670
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P	1/2 Cup		117773

Preparation Instructions

- Brown Sugar
- Cinnamon
- Butter Buds

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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: 0.50 Serving

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available