

# 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 Cup	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

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<b>Fruit</b>	0.500
<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: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		197.27	
<b>Fat</b>		5.64g	
<b>SaturatedFat</b>		2.14g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		53.75mg	
<b>Carbohydrates</b>		36.49g	
<b>Fiber</b>		2.53g	
<b>Sugar</b>		24.42g	
<b>Protein</b>		2.02g	
<b>Vitamin A</b>	342.86IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.30mg	<b>Iron</b>	0.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available