

Apple Crisp



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|---------------|------------------|----------------|-------------------|
| 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 | 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 | 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 | 2 Cup | | 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 | |
|--------------------------|-------|
| Meat | 0.000 |
| Grain | 0.750 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starch | 0.000 |

Nutrition Facts

| Servings Per Recipe: 35.00 | | | |
|----------------------------|-----------|-----------|--------|
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | | 197.27 | |
| Fat | | 5.64g | |
| Saturated Fat | | 2.14g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 53.75mg | |
| Carbohydrates | | 36.49g | |
| Fiber | | 2.53g | |
| Sugar | | 24.42g | |
| Added Sugar | | 0.00g | |
| Protein | | 2.02g | |
| Vitamin A | 342.86mcg | Vitamin C | 0.00mg |
| Calcium | 5.30mg | Iron | 0.50mg |

Nutrition - Per 100g

| | | | |
|------------------------------|--|--|--|
| No 100g Conversion Available | | | |
|------------------------------|--|--|--|