

# Apple Crisp

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44333

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	6 Cup		227528
Oats, Rolled, Whole	6 Cup		100466
SUGAR BROWN LT	6 Cup		860311
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
Apple Slices, Canned, Unsweetened	6 #10 CAN		100206
BUTTER ALT LIQ NT	2 1/2 Cup		614640

## Preparation Instructions

Recipe is divided into 4 1/2 cake pans. Mix and sprinkle over apples. Bake at 350 degrees for 40 minutes.

NOTE: This is a dessert grain. Not whole grain rich.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.776
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	257.68
<b>Fat</b>	6.68g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	50.00mg
<b>Carbohydrates</b>	47.23g
<b>Fiber</b>	4.46g
<b>Total Sugar</b>	25.49g
<b>Added Sugar</b>	11.52g
<b>Protein</b>	3.10g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2.48mg	<b>Iron</b> 0.61mg

## Nutrition - Per 100g

No 100g Conversion Available