

Baked Cinnamon Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58044
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	4 #10 CAN		100206
BUTTER BLND SLD EURO ZT	8 7/10 Ounce		648560
SUGAR BROWN LT	1 Cup		860311
SPICE CINNAMON GRND	2 Teaspoon		224731
FLAVORING VANILLA IMIT	9 Ounce		110744

Preparation Instructions

1. Arrange apples in 2" steamer pans.
2. Mix ingredients and pour over apples.
3. Cover and steam until apples are tender.
4. Note: Each #10 can equals 23 servings.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	66.02
Fat	2.09g
Saturated Fat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.80mg
Carbohydrates	11.68g
Fiber	1.89g
Total Sugar	8.84g
Added Sugar	0.32g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	1227.17
Fat	38.81g
Saturated Fat	16.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	460.90mg
Carbohydrates	217.09g
Fiber	35.19g
Total Sugar	164.31g
Added Sugar	5.95g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg