

Apple Crisp

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58574
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P	3 Cup	***Non-Whole Grain***	227528
OATS OLD FASHIONED	3 1/2 Cup		304096
Brown Sugar	2 Cup		860311
SPICE CINNAMON GRND	6 Teaspoon		224731
SPICE NUTMEG GRND	4 1/2 Teaspoon		224944
SALT IODIZED	1/2 Teaspoon		125557
BUTTER PRINT UNSLTD GRD AA	1 Pound	Or 2 cups	299405
APPLE SLCD W/P	1 #10 CAN	Drained, but reserve liquid	117773
Tap Water for Recipes	0 Cup	As Needed	000001WTR
SUGAR BEET GRANUL	1 1/2 Cup		108588
LEMON JUICE PKT	1/4 Cup		213371

Preparation Instructions

Topping:

1. Combine flour, rolled oats, brown sugar, 4 1/2 teaspoon cinnamon, nutmeg , salt, and butter. Mix until crumbly. Set aside for step 6

Filling:

2. Drain apples, reserving juice. Add enough water to juice to make 1 1/2 cups for 50 servings. Reserve for step 5.

3. Into each pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray, place apples. For 50 servings use 1 pan.

4. Over apples, sprinkle 3/4 cup sugar, 3/4 tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine

5. Pour 1 1/2 cup liquid (reserved from Step 2) over apples in pan.

6. Take topping from step 1sprinkle evenly over apples in pan.

7. Bake until topping is browned and crisp:

Conventional oven: 425° F for 35-45 minutes

Convection oven: 350° F for 25-35 minutes

8. Cool. Cut each pan 5 x 10 (50 pieces). Portion is 1 piece.

Note: Apple Crisp counts as Dessert Grain and is Non-Whole Grain

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.750
Fruit	0.125
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	207.75
Fat	7.55g
Saturated Fat	4.55g
Trans Fat	0.00g
Cholesterol	19.20mg
Sodium	28.51mg
Carbohydrates	33.27g
Fiber	1.91g
Total Sugar	18.00g
Added Sugar	13.44g
Protein	2.32g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 6.80mg	Iron 0.82mg

Nutrition - Per 100g

Calories	1161.25
Fat	42.22g
Saturated Fat	25.43g
Trans Fat	0.00g
Cholesterol	107.32mg
Sodium	159.39mg
Carbohydrates	185.99g
Fiber	10.69g
Total Sugar	100.64g
Added Sugar	75.14g
Protein	12.94g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 37.99mg	Iron 4.58mg