

Apple Crisp

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R 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

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.776
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	257.68
Fat	6.68g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	50.00mg
Carbohydrates	47.23g
Fiber	4.46g
Total Sugar	25.49g
Added Sugar	11.52g
Protein	3.10g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2.48mg	Iron 0.61mg

Nutrition - Per 100g

Calories	1835.34
Fat	47.60g
Saturated Fat	7.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	356.10mg
Carbohydrates	336.42g
Fiber	31.79g
Total Sugar	181.55g
Added Sugar	82.06g
Protein	22.09g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 17.64mg	Iron 4.34mg