

# Baked Apple Fruit Roll-Up

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-58431

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	24 Each		863913
BUTTER PRINT UNSLTD GRD AA	1 1/2 Cup	Melted	299405
SPICE CINNAMON GRND	2 Teaspoon		224723
SPICE NUTMEG GRND	1/2 Teaspoon		224944
APPLE SLCD W/P	1 #10 CAN	Drain. Can also use fresh apple slices. Will want to toss apple slices with a little water lay out on sheet pan cover with foil and bake at 350°F for 10-15 minutes.	117773

## Preparation Instructions

1. Prior to Use: Store product frozen at 0° F to -10° F until ready to use.
2. Remove desired number of doughs from the case and place doughs between layers of oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing.
3. Place the covered dough in the cooler to thaw 18-24 hours or overnight.
4. Allow covered thawed dough to rise at room temperature 2-3 hours until it is light and fluffy.
5. Mix melted butter, cinnamon and nutmeg together.
6. Brush 1 Tablespoon of butter mixture on each dough circle.
7. Place a ½ c. sliced apples diagonally across the dough circle. Spray edges of the dough with water.
8. Fold over the 2 moistened dough edges and pinch together to seal.
9. Place in a 350°F Convection Oven. Bake until crust is golden brown 12-15 minutes.
10. Serve warm or cooled

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	313.79
<b>Fat</b>	12.60g
<b>Saturated Fat</b>	7.30g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	155.08mg
<b>Carbohydrates</b>	42.93g
<b>Fiber</b>	5.36g
<b>Total Sugar</b>	13.70g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.76mg	<b>Iron</b> 1.71mg

## Nutrition - Per 100g

<b>Calories</b>	442.77
<b>Fat</b>	17.78g
<b>Saturated Fat</b>	10.30g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	42.33mg
<b>Sodium</b>	218.82mg
<b>Carbohydrates</b>	60.58g
<b>Fiber</b>	7.56g
<b>Total Sugar</b>	19.33g
<b>Added Sugar</b>	4.23g
<b>Protein</b>	9.88g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.65mg	<b>Iron</b> 2.41mg