



825138 - Tropical Apples

Source: K12 Culinary
 Number of Portions: 50
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grains:
 Fruit: 0.5 cup
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051465 Apple Slices, Unsweetened, Canned.....	2 #10 can	Spray 2 inch deep full size pan with food release. Pour two #10 cans of undrained apples into each pan.
019335 SUGARS, GRANULATED.....	1 lb	Weigh the sugar and combine in a bowl with measured amounts of flour, rolled oats, pineapple juice, orange juice, and lemon juice. Stir to combine thoroughly and pour over apples. Stir gently to combine.
020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEACHED...	1 cup	
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO.....	1 cup	
009273 PINEAPPLE JUC, CND OR BTLD, UNSWTND, WO/ AD.....	1 1/2 cups	
825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1 cup	
009524 LEMON JUC FROM CONC, BTLD, REAL LEMON.....	1/4 cup	
		Bake at 350° F for approximately 30 minutes or until thickened. Cover and hold hot until service. Serve 1/2 cup using no. 8 disher. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher.
		CCP: Cool to 41° F or lower within 4 hours. If product is leftover, cool properly, cover and label, and place in refrigerator for re-service within 3 days of original preparation. Leftovers may be served cold or reheated and served hot. CCP: If served hot, reheat to 165° F. CCP: Hold and Serve at 135° F. CCP: If served cold, hold and serve at 41° F or below.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	101 kcal	Cholesterol	*0* mg	Sugars	*18.3* g	Calcium	2.39 mg	1.22%	Calories from Total Fat
Total Fat	0.14 g	Sodium	10 mg	Protein	0.55 g	Iron	0.21 mg	0.20%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	23.85 g	Vitamin A	0.8 IU	Water ¹	*7.90* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.39 g	Vitamin C	3.3 mg	Ash ¹	*0.04* g	94.85%	Calories from Carbohydrates

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.