



825171 - Apple Bake: 138 count

Source: Farm to School

Number of Portions: 30

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
051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN.... 009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C.....	20 each, 138 ct (2 3/4" ida) 3/4 cup	Preheat convection oven to 350 degrees F. Rinse apples under running water and drain in a colander. Spray 2 inch full size steamtable pan(s) with pan release. Pour ¾ cup of pineapple juice into each prepared pan (may use reserved juice from drained tidbits). Wedge and core apples into 6 sections using a fruit sectionizer. Add cut apples to juice immediately and toss or stir gently to coat. <i>Note: Red Delicious apples make a nice color presentation; however, any variety of Farm to School apples may be used.</i>
019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	3/4 CUP (packed) 1/4 tsp	Combine brown sugar and cinnamon, add to apple wedges, and toss to coat well. Bake for 20 to 25 minutes until apples are golden brown, but not mushy. CCP: Heat to 135° F or higher.
019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	1 TBSP (packed) 1/8 tsp	Combine brown sugar and cinnamon. In each pan, sprinkle this mixture of topping over baked apples. Serve 4 wedges using a 4 ounce spoodle or number 8 disher. CCP: Hold for hot service at 135° F or higher

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

Calories	72 kcal	Cholesterol	0 mg	Sugars	*6.4* g	Calcium	11.38 mg	1.97%	Calories from Total Fat
Total Fat	0.16 g	Sodium	3 mg	Protein	0.26 g	Iron	0.17 mg	0.34%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	18.78 g	Vitamin A	47.6 IU	Water¹	*5.48* g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00* g	Dietary Fiber	2.15 g	Vitamin C	4.7 mg	Ash¹	*0.05* g	104.64%	Calories from Carbohydrates
								1.44%	Calories from Protein

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.