



825157 - Apples and Spicy Peanut Butter

Source: Farm to School

Number of Portions: 50

Size of Portion: each

Alternate Recipe Name: Apple and Spicy Dip Cups

Components:

Meat/Alt:

Grains:

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN..... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON..... 009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C.....	25 medium (3" dia) 1/4 cup 1/4 cup	CCP: No bare hand contact with ready to eat food. Rinse whole apples (125 or 138 count) under running water and drain in a colander or perforated pan. Combine lemon and pineapple juice (when possible, reserve pineapple juice from pineapple tidbits to use for this recipe). Wedge and core apples into 6 sections using a fruit sectionizer. Place in juice (acid) immediately after cutting to prevent browning,
050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT... 826509 Sweet Potato Puree, F2S, Yamco, LLC..... 019296 HONEY..... 002010 CINNAMON,GROUND..... 002031 PEPPER,RED OR CAYENNE.....	1 cup 1 1/2 cups 2 Tbsp 1/2 tsp 1/8 tsp	CCP: No bare hand contact with ready to eat food. In mixer bowl, place peanut butter, sweet potato puree, honey, cinnamon, and cayenne pepper. Whip ingredients together for approximately 1 to 2 minutes.
		Place 3 apple wedges into flat portion cup and portion 2 3/4 teaspoons of dip using number 70 disher along side. To control quality, leftover apple wedges may be held for up to 24 hours at 41°F or below. CCP: Hold and serve dip at 41°F or below.

*Nutrients are based upon 1 Portion Size (each)

Calories	87 kcal	Cholesterol	*0* mg	Sugars	*1.5* g	Calcium	10.44 mg	27.93%	Calories from Total Fat
Total Fat	2.69 g	Sodium	27 mg	Protein	1.54 g	Iron	0.35 mg	5.33%	Calories from Saturated Fat
Saturated Fat	0.51 g	Carbohydrates	16.05 g	Vitamin A	296.4 IU	Water ¹	*2.35* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.68 g	Vitamin C	4.5 mg	Ash ¹	*0.01* g	73.95%	Calories from Carbohydrates
								7.08%	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.