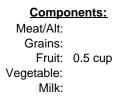


825138 - Tropical Apples Source: K12 Culinary Number of Portions: 50 Size of Portion: 1/2 cup



Recipe Subgroups:

<u>Attributes:</u> Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050356 APPLES, CANNED, UNSWEETENED, SLICED, IN	2 #10 can	Spray 2 inch deep full size steamtable pan with pan release.
009524 LEMON JUC FROM CONC, BTLD, REAL LEMON	1/2 cup	Pour two #10 cans of undrained apples into each pan.
019335 SUGARS,GRANULATED 050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO 009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C 825055 Juice, ECO Orange, 4 oz, SunCup 030100	1 lb + 12 ozs 1 cup 1/2 cup 1 1/2 cups 1 cup	Weigh the sugar sugar and combine in a saucepan with measured amoutns of flour, rolled oats, pineapple juice, orange juice, and lemon juice. Cook on medium to low heat for about 15 minutes or until thickened. Pour mixture over apples and stir gently (use 1 quart + ½ cup per pan).
		Bake at 350 degrees F for 30 minutes. Cover and hold 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 70° F within 2 hours and from 70° F to 41° F or lower within an additional 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 degrees F. and hold at 135 degrees F.

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

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Calories	113 kcal	Cholesterol	*0* mg	Sugars	*17.1* g	Calcium	2.15 mg	0.69% Calories from Total Fat
Total Fat	0.09 g	Sodium	6 mg	Protein	0.43 g	Iron	1.48 mg	0.11% Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	28.02 g	Vitamin A	3.6 IU	Water ¹	*8.73* g	*0.00%* Calories from Trans Fat

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for Printed 9/10/2016 and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Trans Fat ²	*0.00* g	Dietary Fiber	1.08 g	Vitamin C	3.9 mg	Ash ¹	*0.03* g	99.33%	Calories from Carbohydrates	
								1.51%	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.										

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