

# John Stalker Institute

**000204 - Cinnamon Baked Apples**

**Recipe HACCP Process: #2 Same Day Service**

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

Meat/Alt: 0 oz  
Grains: 0 oz  
Fruit: 0.5 Cup  
Vegetable: 0 Cup  
Milk: 0 Cup

<p>901000 MARGARINE,80% FAT,TUB,CANOLA HARVEST SOFT SPR... 8 OZ 019335 SUGARS,GRANULATED..... 12 OZ 799907 APPLES,CND,H2O PK,SLCD,DRN..... 2 #10 CAN, drained 002010 CINNAMON,GROUND..... 1 TBSP</p>	<p>1. Drain apples.</p> <p>2. Melt margarine. Mix all ingredients.</p> <p>3. Bake until tender, about 20 minutes, basting occasionally while cooking to glaze.</p> <p style="padding-left: 40px;">Conventional oven: 375°F Convection oven: 350°F</p> <p>4. Serve 1/2 cup.</p> <p>CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.</p>
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	113 kcal	Cholesterol	*0.00* mg	Protein	0.33 g	Calcium	*6.68* mg	32.16%	Calories from Total Fat
Total Fat	4.05 g	Sodium	33.48 mg	Vitamin A	*8.92* RE	Iron	*0.21* mg	4.68%	Calories from Sat Fat
Saturated Fat	0.59 g	Carbohydrate	20.72 g	Vitamin A	*44.87* IU	Water <sup>1</sup>	87.04 g	*0.11%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.01* g	Dietary Fiber	*2.51* g	Vitamin C	*0.21* mg	Ash <sup>1</sup>	0.37 g	73.13%	Calories from Carbohydrates
								1.16%	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

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for 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.