



825170 - Apple Bake: 125 count

Source: Farm to School
 Number of Portions: 40
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051451 APPLES, FRESH, GRANNY SMITH, WITH SKIN..... 051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN..... 009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C.....	10 each, 125 ct (2 7/8" dia) 10 each, 125 ct (2 7/8" dia) 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 3/4 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: Granny Smith and Red Delicious apples make a nice color combination; 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 3 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	57 kcal	Cholesterol	0 mg	Sugars	*4.8* g	Calcium	8.94 mg	2.03%	Calories from Total Fat
Total Fat	0.13 g	Sodium	2 mg	Protein	0.21 g	Iron	0.14 mg	0.35%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	15.02 g	Vitamin A	39.3 IU	Water ¹	*4.11* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.78 g	Vitamin C	3.8 mg	Ash ¹	*0.03* g	104.71%	Calories from Carbohydrates

	1.48% Calories from Protein
<p>*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.</p>	