



**825138 - Tropical Apples**

Source: K12 Culinary  
 Number of Portions: 50  
 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
050356 APPLES, CANNED, UNSWEETENED, SLICED, IN... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON.....	2 #10 can 1/2 cup	Spray 2 inch deep full size steamtable pan with pan release. 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 amounts 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 + 1/2 cup per pan).
		Bake at 350 degrees F for 30 minutes. Cover and hold until service. Serve 1/2 cup using no. 8 disher.  <b>CCP:</b> Heat to 135° F or higher.  <b>CCP:</b> Hold for hot service at 135° F or higher
		<b>CCP:</b> 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. <b>CCP: If served hot, reheat to 165 degrees F. and hold at 135 degrees F.</b>

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

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 <sup>1</sup>	*8.73* g	*0.00%*	Calories from Trans Fat

Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.08 g	Vitamin C	3.9 mg	Ash <sup>1</sup>	*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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.