



Peanut Butter Apple Wraps

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 wrap

Amount per Serving	
Calories	341 kcal
Protein	11.99 g
Carbohydrate	35.27 g
Total Fat	18.56 g
Saturated Fat	3.59 g
Cholesterol	0 mg
Vitamin A	33.75 IU
Vitamin C	2.88 mg
Iron	1.61 mg
Calcium	114.65 mg
Sodium	493.24 mg
Dietary Fiber	6.38 g

EQUIVALENTS: 1 wrap provides 1 oz equiv WGR grain, ½ cup fruit and 1 oz equiv meat/meat alternate.

Recipe HACCP Process: #1 No Cook

Peanut Butter Apple Wraps • 50 servings (1 wrap)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Whole-wheat tortillas (6-inch)		50 each	① Spread each tortilla with 2 Tbsp peanut butter or sunbutter and sprinkle with ½ cup apple. Roll up and cut in half on the diagonal.
Natural peanut butter or sunbutter		1 qt + 2¼ cups	
Diced apples		1 gal + 2 qt + 1 cup	

NOTES

