

# ISD #347

000152 - Apples, Fast Baked :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 Apple Alternate Recipe Name: Fast Baked Apples				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
009003 APPLES,RAW,WITH SKIN.....	12 1/2 EACH	1. Combine the pineapple juice and honey. 2. On the top of the range or in the steamer, warm the pineapple and honey mixture. 3. Split the apple in half along the core, cut out stems, seeds, and blossom ends. 4. Place cut side down on the steam table or sheet pan. 5. Pour in the pineapple honey mix to a depth of 1/4 1/2 inch. 6. Bake for 35 minutes at 350°F to an internal temperature of 140°F or higher. 7. Serve with some of the baking juice poured over the apples and a light dust of cinnamon. 8. Serve at 140°F or higher.
019296 HONEY.....	1 1/2 cups + 1 Tbsp	
009409 PINEAPPLE JUC,CND,UNSWTND,W/ ADDED VIT C...	3 qts + 1/2 cup	

Calories.....	83	Iron.....	0.28 mg	Protein.....	0.35 g	Protein.....	1.66%
Cholesterol..	0 mg	Calcium....	10.83 mg	Carbohydrates	21.54 g	Carbohydrates.	103.46%
Sodium.....	2 mg	Vitamin A..	22 IU	Total Fat....	0.13 g	Total Fat.....	1.44%
Dietary Fiber	0.97 g	Vitamin C..	29.0 mg	Saturated Fat	0.02 g	Saturated Fat.	0.18%
				Trans Fat....	0.00* g	Trans Fat.....	0.00%

\* - Denotes Missing Nutrient Values