

Winneshiek County Extension

Recipe: 000046 APPLE CRISP S. Winn

Recipe Source: S. Winn
 Recipe Group: iowa

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 240
 Size of Portion: SERVINGS

020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED..... 019334 SUGARS,BROWN..... 001145 BUTTER,WITHOUT SALT..... 050356 APPLES, CANNED, UNSWEETENED, SLICED, IN WATER..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND.....	4 1/2 LB 6 1/2 LB 1 1/2 LB 6 #10 CAN 7 1/2 CUP 3 TSP	Recipe makes 3 pans (18x24x9). For each pan, mix 2 cans of apples, 2.5 c. of sugar, 1 tsp. of cinnamon. Bake 325° for 30 min. Mix topping in large tub and dividie between pans. Bake 325° for additional 30 min. Cool. Cut into 80 pieces per pan.
050358 APPLESAUCE, CANNED, UNSWEETENED, WITHOUT SALT.... 050454 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO SALT.....	2 CUP 7 QT + 2 CUP	

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	182 kcal	Cholesterol	6.10 mg	Protein	2.54 g	Calcium	17.86 mg	14.93%	Calories from Total Fat
Total Fat	3.02 g	Sodium	7.36 mg	Vitamin A	21.50 RE	Iron	1.73 mg	7.82%	Calories from Saturated Fat
Saturated Fat	1.58 g	Carbohydrates	36.24 g	Vitamin A	71.69 IU	Water ¹	*1.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.84 g	Vitamin C	0.71 mg	Ash ¹	*0.10* g	79.59%	Calories from Carbohydrates
								5.58%	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

¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	1 oz				? - Egg
Fruit.....	0.25 cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat

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.

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Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	020581	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL			
I	019334	SUGARS,BROWN			
I	001145	BUTTER,WITHOUT SALT			
I	050358	APPLESAUCE, CANNED, UNSWEETENED, WI			
I	050454	OATS, ROLLED, UNENRICHED, QUICK, DRY,			
I	050356	APPLES, CANNED, UNSWEETENED, SLICED, I			
I	019335	SUGARS,GRANULATED			
I	002010	CINNAMON,GROUND			

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