

Recipe Prep Sheet

DUNLAP CUSD #323

900287 - APPLE CRISP

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 240

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
990949	APPLES, CANNED, UNSWEETENED, SLICED, IN WATER	8 #10 CAN	<p>CINNAMON/SUGAR MIXTURE:</p> <p>1/2 cup Cinnamon</p> <p>1 ½ lb. flour</p> <p>3 ½# white sugar</p> <p>Spray 8-2" steamtable pans, put 1 can canned apples per pan, if they look dry add apple juice. Sprinkle</p> <p>1 1/2 cups of cinnamon/sugar mixture on each 2" pan. Then sprinkle 4 cups of crumb mixture on top and bake @350 for 20-25 min. Scoop with #8 dipper.</p>
020581	WHEAT FLR, WHITE, ALL-PURPOSE, ENR, UNBLEACHED	1 1/2 LB	
002010	CINNAMON, GROUND	1/2 cup	
019335	SUGARS, GRANULATED	3 1/2 LB	
799915	MARGARINE, REG, HARD, SOYBN (HYDR)&CTTNSD	3 LB	<p>Crumb Mixture:</p> <p>3# Margarine</p> <p>4# flour</p> <p>3# Quick Oats</p> <p>5 ¼# Brown sugar</p>
020038	OATS	3 LB	
019334	SUGARS, BROWN	5 3/4 LB	
020581	WHEAT FLR, WHITE, ALL-PURPOSE, ENR, UNBLEACHED	4 LB	

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories ¹	195.195 kcal	Total Fat	5.061 g	Total Dietary Fiber	1.766 g	Vitamin C	0.919 mg	23.333% Calories from Total Fat
Saturated Fat ¹	1.010 g	Trans Fat ²	*0.000* g	Protein	2.106 g	Iron	1.929 mg	4.658% Calories from Sat Fat
Sodium ¹	60.675 mg	Cholesterol	0.000 mg	Vitamin A	203.787 IU	Water	*2.770* g	*0.000%* Calories from Trans Fat
Sugars	*17.179* g	Carbohydrate	35.971 g	Calcium	18.013 mg	Ash	*N/A* g	73.713% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.316% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	.25 oz eq	Fruit	.25 cup
		Vegetable	cup	Milk	cup

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