

Idaho Child Nutrition

Recipe: 000442 Whole Wh Swedish Apple Pie 1/2

Recipe Source: W. Grains Coun.
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: Pieces

		Preheat oven 350°F. Spray a half 2" hotel pan with cooking spray.
001123 EGG,WHOLE,RAW,FRESH..... 001124 EGG,WHITE,RAW,FRSH.....	1 large 1 large	Separate egg white. In a large bowl, beat egg thoroughly with a fork, until it forms a ribbon.
019335 SUGARS,GRANULATED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 002047 SALT, TABLE..... 002010 CINNAMON,GROUND..... 002050 VANILLA EXTRACT.....	3/4 CUP 3/4 CUP 1 1/2 TSP 3/4 TSP 3/4 TSP 1/2 TSP	Add everything else EXCEPT apples and nuts, and mix thoroughly.
009003 APPLES,RAW,WITH SKIN..... 012155 WALNUTS,ENGLISH.....	5 medium (3 per LB) 1/2 CUP, pieces	Add apples and nuts, and mix as well as you can. It's a very lumpy mix. Mix until the batter sticks together.
		Spread batter in the hotel pan. Bake at 350°F for 30 minutes or until slightly brown.

Calories	145	Iron	0.66 mg	Protein	2.77 g	7.62%	Calories from Prot
Cholesterol	18 mg	Calcium	48.74 mg	Carbohydrates	27.01 g	74.40%	Calories from Carb
Sodium	220 mg	Vitamin A	53.4 IU	Total Fat	3.92 g	24.29%	Calories from T Fat
Dietary Fiber	2.71 g	Vitamin A	11.5 RE	Saturated Fat	0.48 g	2.96%	Calories from S Fat
		Vitamin C	2.72 mg	Trans. Fat	0.00* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<u>Moisture & Fat Change</u>				
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

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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Recipe

Apr 5, 2009

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001123	EGG,WHOLE,RAW,FRESH			
I	001124	EGG,WHITE,RAW,FRSH			
I	019335	SUGARS,GRANULATED			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	002047	SALT, TABLE			
I	002010	CINNAMON,GROUND			
I	002050	VANILLA EXTRACT			
I	009003	APPLES,RAW,WITH SKIN			
I	012155	WALNUTS,ENGLISH			

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