

APPLE FRUDEL

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 72 **SIZE OF PORTION:** 1 frudel**RECIPE HACCP PROCESS:** #1 - No cook

| INGREDIENT | MEASURE (FOR 72 SERVINGS) |
|---------------------------|---------------------------|
| Frudel, Apple, WGR, #1205 | 72 frudel pouches |

DIRECTIONS

1. Heat the ovenable Frudels from a frozen state, according to the package and/or case directions. Frudels can also be thawed and served without heating. Do not refreeze the Frudels.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

2. Place the Frudles on the line for service.
3. Portion 1 Frudel per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 210 | Dietary Fiber | 2.00 g | Sodium | 280.00 mg | Sat. Fat | 1.50 g |
| Carbohydrates | 36.00 g | Protein | 5.00 g | Total Fat | 6.00 g | Trans Fat | 0.00 g |