

APPLE DELICIOUS (FRESH)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 apple halves**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #4202	100 small , (2-3/4" diameter)
Gelatin, Strawberry Flavor, #2307	1 pound

DIRECTIONS

1. Rinse the apples in cool, clean, running water. Drain the apples thoroughly.
2. Place the gelatin in a shallow container.
3. Cut the apples in half.
4. Dip each apple, cut side down, into the dry gelatin to coat the surface.
5. Place 2 apple halves in each container, cut side up. Cover and refrigerate the apples until ready for service.
CCP: Refrigerate fruit for service at 41 degrees F or lower.
6. Portion 2 apple halves per serving. Each portion provides ½ cup of fruit.
CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refriger ate at 41 degrees F or lower.

PRODUCTION NOTES

Different flavors can be used to provide different colors of Apple Delicious.

Use USDA Foods products when available.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for fruit.

NUTRIENTS PER SERVING

Calories	94	Dietary Fiber	3.58 g	Sodium	19.39 mg	Sat. Fat	0.04 g
Carbohydrates	24.64 g	Protein	0.63 g	Total Fat	0.25 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF APPLE DELICIOUS (FRESH)

1.



Cutting apple in half vertically

2.



Dipping apples in gelatin

3.



Dipped vertically cut apples (notice the star shape of the seeds)

4.



1 serving of Apple Delicious (cut vertically)

5.



Cutting apples in half horizontally

6.



1 apple cut in half horizontally (notice the heart shape of the apple)

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7.



Apple (cut horizontally) dipped in gelatin

8.



1 serving of Apple Delicious (cut horizontally)