

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, 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. Any flavor of gelatin can be used.
5. Place two apple halves in each container, with the cut side up. Cover and refrigerate the apples until ready for service.

CCP: Refrigerate fruit for service at 41 degrees F or lower.

6. Place the Apple Delicious pieces on the refrigerated line for service.
7. Portion two 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. Refrigerate at 41 degrees F or lower.

PRODUCTION NOTES

- Different flavors of gelatin can be used to provide different colors of Apple Delicious.
- Use USDA Food or Department of Defense (DOD) products when available.

PURCHASING GUIDE

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

MISCELLANEOUS NOTES

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

NUTRIENTS PER SERVING

Calories	94	Dietary Fiber	3.58 g	Sodium	14.62 mg	Sat. Fat	0.05 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)