

# APPLES (FRESH)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 apple

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Raw, Red Delicious, #4202	100 each

**DIRECTIONS**

1. Rinse apples under cool, clean, running water. Drain them thoroughly. Refrigerate the apples until ready for service.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

2. Portion 1 apple per serving. Each portion provides ½ cup of fruit.

CCP: Hold under refrigeration (41 degrees F or lower) until. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DoD) products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used (such as canned).

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

"Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

**NUTRIENTS PER SERVING**

Calories	95	Dietary Fiber	4.37 g	Sodium	1.82 mg	Sat. Fat	0.05 g
Carbohydrates	25.13 g	Protein	0.47 g	Total Fat	0.31 g	Trans Fat	0.00 g