

# TROPICAL APPLES (CANNED)



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apples, Canned, Water Pack, Sliced, #10 Can, #2401	4 #10 can(s)
Sugar, Granulated, #2027	3 pound(s) + 12 ounce(s)
Flour, All Purpose, Enriched, #2011	3 cup(s)
Margarine, Bulk, #1319	1 pound(s)
Juice, Orange, #1517	6 carton(s) , (4 fl. oz. each)
Lemon Juice, Canned/Bottled, #2247	1 1/4 cup(s)
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #2409	3 cup(s)
Food Coloring, Yellow, Pint, #2015	1/8 ounce(s)

**DIRECTIONS**

1. Pour one can of apples (undrained) into each steamtable pan. For 100 servings, use 4 steamtable pans.
2. Mix sugar and flour together.
3. Melt margarine in large stockpot then stir sugar and flour mixture into melted margarine.
4. Add orange juice, lemon juice, and pineapple juice. Cook until thickened.
5. Add ½ teaspoon yellow food coloring.
6. Pour about one quart sauce over apples in each pan.
7. To bake:  
Conventional oven: 350 degrees F, 30 - 40 minutes.  
Convection oven: 350 degrees F, 30 minutes.
8. Serve immediately or cover and place in warmer until ready for service.
9. Portion with 4 ounce spoodle or #8 scoop (½ cup) for each serving. Each portion provides ½ cup fruit.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

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

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

Tropical Pears - 6 #10 cans diced pears, undrained. Follow basic recipe as tropical apples.

**NUTRIENTS PER SERVING**

Calories	152	Dietary Fiber	0.94 g	Sodium	48.79 mg	Sat. Fat	1.63 g
Carbohydrates	29.99 g	Protein	0.83 g	Total Fat	3.62 g	Trans Fat	0.00 g