

Date: 7/2/2012

Time: 2:00 PM



## Crisp, Apple

Hesston College

### Author

**Categories** Dessert, crisp / cobbler

**Tools** Pan ST 2 1/2", Spoon solid

### Locations

**Plate/Store**

**Yield** 1 pan **Cook**

**Portion** 2 oz

**Num Portions** 32

## Nutrition Facts

Serving Size 2 oz (57g)

Servings Per Container 32

Amount Per Serving

**Calories** 400 **Calories From Fat** 143

% Daily Value

**Total Fat** 16g 24%

**Saturated Fat** 3g 12%

**Trans Fat** 0g

**Cholesterol** 0mg 0%

**Sodium** 418mg 17%

**Total Carbohydrates** 64g 21%

**Dietary Fiber** 2g 10%

**Protein** 3g

**Vitamin A** 14% **Vitamin C** 5%

**Calcium** 5% **Iron** 10%

\* Percent Daily Values are based on a 2000 calorie diet.

### Nutrition Descriptors

Cholesterol Free

High in Carbohydrates

Good Source of Vitamin A

Good Source of Iron

Good Source of Fiber