Crisp, Apple
Hesston College

Yield 1 pan
Portion 2 oz
Num Portions 32

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 oz (57g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>32</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories Per Serving</th>
<th>Calories From Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>400</td>
<td>143</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
<th>Total Fat 16g</th>
<th>24%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>418mg</td>
<td>17%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>64g</td>
<td>21%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

| 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