

Apple Crisp, WG

Nutrition Facts

Serving Size: Serving

ALLERGENS

Soy, Wheat

Amount Per Serving

Calories: 218

Calories from Fat: 72

Total Fat:	8.0g
Saturated Fat:	3.4g
Trans Fat:	*0.00* (see below)
Cholesterol:	0mg
Sodium:	102mg
Total Carbohydrate:	34.4g
Dietary Fiber:	2.2g
Protein:	2.6g

Vitamin A: 19RE

Vitamin C: .4mg

Calcium: 26.2mg

Iron: 1.0mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

Ingredients

APPLES,CND,WATER PACK,SLCD (mfg label): APPLE SLICES, ASCORBIC ACID. [902196]

CINNAMON,GROUND (mfg label): CINNAMON, GROUND [002010]

CORNSTARCH (mfg label): CORNSTARCH [020027]

FLOUR, ALL PURPOSE, ENRICHED, W (mfg label): BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS: WHEAT [050391]

FLOUR, WHOLE WHEAT (mfg label): WHOLE WHEAT FLOUR. CONTAINS: WHEAT [051434]

LEMON JUC,FRZ,UNSWTND,SINGLE S (mfg label): LEMON JUICE [009154]

Margarine Solid ZTF (mfg label): PALM OIL, WATER, SALT, NON-FAT DRY MILK SOLIDS, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, SODIUM BENZOATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR). CONTAINS: MILK, SOYBEAN. CONTAINS: MILK AND SOY [903192]

NUTMEG,GROUND (mfg label): NUTMEG, GROUND [002025]

OATS (mfg label): WHOLE GRAIN OATS [020038]

SALT,TABLE (mfg label): SALT, TABLE [002047]

SUGARS,BROWN (mfg label): BROWN SUGAR [019334]

SUGARS,GRANULATED (mfg label): SUGAR [019335]

WATER,MUNICIPAL-USE (mfg label): WATER [903215]

