

# Apple Crisp

## Nutrition Facts

Serving Size: Serving

## **ALLERGENS**

Soy, Wheat

Amount Per Serving

Calories: 228

Calories from Fat: 73

<b>Total Fat:</b>	<b>8.1g</b>
Saturated Fat:	3.5g
Trans Fat:	*0.00* (see below)
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>102mg</b>
<b>Total Carbohydrate:</b>	<b>36.3g</b>
Dietary Fiber:	2.1g
<b>Protein:</b>	<b>2.9g</b>

Vitamin A: 19RE

Vitamin C: .4mg

Calcium: 27.9mg

Iron: 1.2mg

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]

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]

WHEAT FLR,WHITE,ALL-PURPOSE,EN (mfg label): WHOLE WHEAT FLOUR. CONTAINS: WHEAT [020581]

