



000646 - APPLE OATMEAL CUPS

Source: KAREN, CHEF V

Number of Portions: 12

Size of Portion: EACH

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
020038 OATS..... 901530 SUGARS,BROWN,LIGHT..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND..... 902826 SALT, KOSHER.....	2 1/2 cups 1 TBSP (unpacked) 1/2 Tbsp 1/2 Tbsp 1/4 tsp 1/4 tsp	To Cook: 1. Preheat oven to 350 F. 2. In a large bowl, mix together the oats, sugar, baking powder, cinnamon, nutmeg and salt.
001123 EGG,WHOLE,RAW,FRESH..... 001085 MILK, NONFAT..... 002050 VANILLA EXTRACT..... 009003 APPLES,RAW,WITH SKIN.....	1 large 1 cup 1 tsp 1 CUP (qtr or chopped)	3. In another bowl, whisk together the egg, milk, and vanilla. 4. Add wet ingredients to dry, stirring until combined. Stir in chopped apples. 5. Using a #16 scoop (slightly rounded), divide batter in a sprayed muffin pan.
901530 SUGARS,BROWN,LIGHT..... 002010 CINNAMON,GROUND.....	1/4 CUP (packed) 1/2 tsp	6. Combine brown sugar and cinnamon. 7. Sprinkle 1/4 tsp on top of each oatmeal cup. 8. Bake at 350 F for 18-20 minutes or until the oats are set.
		CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.
		Notes: Consider adding chopped nuts to the topping!

*Nutrients are based upon 1 Portion Size (EACH)

Calories	168 kcal	Cholesterol	16 mg	Protein	6.76 g	Calcium	96.69 mg	14.47%	Calories from Total Fat
Total Fat	2.70 g	Sodium	111 mg	Vitamin A	21.1 RE	Iron	1.77 mg	2.97%	Calories from Saturated Fat
Saturated Fat	0.55 g	Carbohydrates	29.81 g	Vitamin A	71.1 IU	Water ¹	33.64 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.94 g	Vitamin C	0.5 mg	Ash ¹	1.36 g	71.12%	Calories from Carbohydrates
								16.11%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	YES	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							