

APPLE NACHOS



Recipe Project Name/Written By:	American Dairy Association Indiana
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	10 minutes
Cook Time:	
Total Time:	10 minutes
K-12 Portion Size:	1/2 cup apples + 1/2 cup yogurt + 1 ounce granola

Meal Pattern Contribution: 6-12: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

[illegible]

APPLE NACHOS

NUTRITION INFORMATION

Serving Size 1 each (1/4 cup yogurt)

NUTRIENTS AMOUNT

Calories 260

Total Fat 6 g

Saturated Fat 1 g

Cholesterol 3 mg

Sodium 155 mg

Total Carbohydrate 46 g

Dietary Fiber 6 g

Total Sugars 21 g

Added Sugars 11 g

Protein 8 g

Vitamin D 2 mcg

Calcium 106 mg

Iron 1.1 mg

Potassium 277 mg

N/A=data not available.

ALLERGENS: Milk, Peanuts, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for 16 Servings 64 Servings

Apples, 125-138 count, whole 2 lb 3 oz 8 lb 11 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

1/4 cup yogurt (.5 oz eq m/ma) may be served instead of 1/2 cup for grades K-5.

Nut/seed butter and mini chocolate chips are optional but fun!

YIELD/VOLUME

16 Servings

64 Servings

N/A

N/A

