

Apple cinnamon sun butter sandwich

Recipe group Breakfast, Comfort	Additional name K12 PF deck	Diet factors VG, NF, SF	Portions 12	Portion size 7.83 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	1/4 cup	1.77 oz	0%	1.78 oz Sugar, White, granulated	For sandwich bread: Combine cinnamon and sugar, mix well. Spray bread with pan spray, coat each side of both slices with 1/8 teaspoon cinnamon mixture. NOTE: Melted plant based butter can be used in place of spray
	2 tbsp	0.48 oz	0%	0.48 oz Cinnamon, ground	
	24 ea	2 lb 10 oz	0%	2 lb 10 oz Bread, Whole Wheat, slice	
	0 lb	0 lb	0%	0 lb Pan Spray	



Wheat bread with cinnamon sugar

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2	3 cup	1 lb 11.09 oz	0%	1 lb 11.09 oz Butter, Sunflower, salted	For sandwich assembly: On each slice of bread spread 2 tablespoons sun butter. Portion slices of a third of an apple onto each sandwich. Sprinkle apples with 1/8 teaspoon cinnamon sugar mixture. Top with other bread slice.
	5 1/3 cup	1 lb 6.65 oz	10%	1 lb 9.20 oz Apples, Red Delicious, peeled, cored, sliced	



Apples and sunbutter on bread

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3				Preheat oven to 400°F, bake assembled sandwiches for 10 minutes.

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				For service: slice in half. Note: Hot hold wrapped in foil for 1 hour.

4



*Toasted apple cinnamon
sunbutter sandwich*

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 14.00 oz	0.00 %	5 lb 14.00 oz	0.00 %	5 lb 14.00 oz
Size of portion	7.83 oz		7.83 oz		7.83 oz

MEMO

Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, and ¼ cup other vegetable.

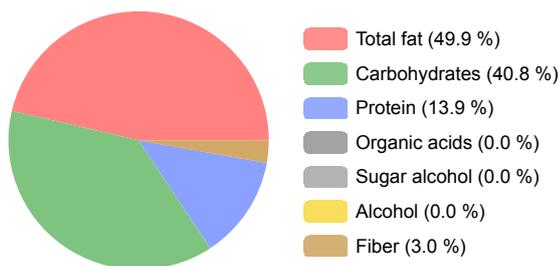
Note: If using certain plant-based butters, the recipe may not be soy-free.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		RDI
Total fat	38.88 g	50 %	49.86 %	689.59 kcal	34 %	Salt	1.66 g			Vitamin A	1.24 µg	0 %
Saturated	3.72 g	19 %	4.78 %	2,885.27 kJ		Salt	0.75 %			Vitamin D	0.00 µg	0 %
Monounsaturated	25.60 g		32.83 %			Sodium	663.46 mg	29 %			Vitamin B6	0.59 mg
Polyunsaturated	7.88 g		10.10 %		Phosphorus	643.21 mg	51 %			Vitamin B12	0.00 µg	0 %
Trans fatty acids	0.04 g		0.05 %		Potassium	673.81 mg	14 %			Folate	0.00 µg	0 %
Cholesterol	0.00 mg	0 %			Iron	5.22 mg	29 %			Biotin	0.00 µg	0 %
Linolenic acid	7.69 g		9.86 %		Calcium	214.79 mg	17 %			Choline	0.00 mg	0 %
Alpha-linolenic acid	168.06 mg		0.22 %		Zinc	4.93 mg	45 %			Pantothei Acid	0.00 mg	0 %
Total Carbohydrate	69.24 g	25 %	40.80 %		Chloride	0.00 mg	0 %			Vitamin C	3.91 mg	4 %
Sugars total	20.67 g	41 %			Chromium	0.00 µg	0 %			Vitamin E	17.34 mg	116 %
Added sugar	0.00 g	0 %	0.00 %		Fluoride	0.00 mg				Vitamin K	8.41 µg	7 %
Lactose	0.01 g				Magnesium	276.28 mg	66 %					
Fiber	10.90 g	39 %	3.02 %		Molybdenun	0.00 µg	0 %					
Organic acids	0.00 g		0.00 %		Iodine	0.00 µg	0 %					
Sugar alcohol	0.00 g		0.00 %		Selenium	92.38 µg	168 %					
Starch	29.04 g		17.11 %		Copper	1.27 mg	141 %					
Protein	23.60 g	47 %	13.91 %									
Alcohol	0.00 g		0.00 %									
										Others		
										Water	85.61 g	

PERCENTAGE OF ENERGY



CO₂



Comparable CO₂ emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.