

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 |
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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 |
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