

BAKED APPLES

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
207 cal	51 g	0 g	1 g	2 mg	34 mg	11 mg

Ingredient

APPLES,COOKING,FRESH,UNPEELED
 SUGAR,GRANULATED
 CINNAMON,GROUND
 SALT
 WATER,ICE
 BUTTER

Weight

28-1/8 lbs
 7 lbs
 1/8 oz
 1/4 oz
 5-1/4 lbs
 4 oz

Measure

100 each
 1 gal
 1/3 tsp
 1/8 tsp
 2 qts 2 cup
 1/2 cup

Issue

33-1/8 lbs

Method

- 1 Score apples once around middle to prevent bursting. Place apples on pans.
- 2 Mix sugar, cinnamon and salt thoroughly.
- 3 Combine with water and butter or margarine. Pour 1-1/2 quarts of syrup over apples in each pan.
- 4 Using a convection oven, bake at 325 F. for 30 minutes or until tender on low fan, closed vent. Baste occasionally.
- 5 Serve each apple with 2 tablespoons syrup.