

Apple cinnamon sun butter sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Comfort	K12 PF deck	VG, NF, SF	12	8.05 oz

	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.
	6 cup	1 lb 9.20 oz	10%	1 lb 12.03 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.



*Toasted apple cinnamon
sunbutter sandwich*

MEMO

Crediting: Each serving provides 2 ounces meat/meat alternate, 2 ounces grain equivalents and 1/2 cup fruit.

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

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.66 g		
Total fat	38.89 g	49.67 %	692.47 kcal 2,897.30 kJ	Salt	0.73 %	Vitamins	
Saturated	3.73 g	4.76 %		Sodium	663.46 mg	Vitamin A	1.36 µg
Monounsaturated	25.60 g	32.70 %		Phosphorus	643.87 mg	Vitamin D	0.00 µg
Polyunsaturated	7.88 g	10.06 %		Potassium	679.22 mg	Thiamine	0.43 mg
Trans fatty acids	0.04 g	0.05 %		Iron	5.23 mg	Riboflavin	0.29 mg
Cholesterol	0.00 mg			Calcium	215.09 mg	Niacin	8.79 mg
Linolenic acid	7.69 g	9.82 %		Zinc	4.94 mg	Vitamin B6	0.60 mg
Alpha-linolenic acid	168.06 mg	0.21 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	70.01 g	41.08 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	21.27 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	276.52 mg	Choline	0.00 mg
Lactose	0.01 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	10.98 g	3.03 %		Iodine	0.00 µg	Vitamin C	4.15 mg
Organic acids	0.00 g	0.00 %		Selenium	92.38 µg	Vitamin E	17.35 mg
Sugar alcohol	0.00 g	0.00 %		Copper	1.27 mg	Vitamin K	8.45 µg
Starch	29.04 g	17.04 %					
Protein	23.62 g	13.86 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	90.82 g

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.