

Chef Brenda, RDN

Recipe: 000205 Apple-Maple Dumpling Rollup

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Rollup+Sauce

902465 USDA Tortilla, Whole Grain, 8" 100938+.....	100 Tortilla	Preheat convection oven to 350°F. HEAT TORTILLAS: Do not remove the tortillas from their plastic bag. Place tortillas in the warmer for 1 hour or until warm. If tortillas begin to stick together, remove them from their plastic bag and microwave for 1 minute and use immediately.
902481 USDA Apple Slices, Canned, Unsweet, #100206+.... 902500 Maple Syrup, Regular..... 902504 SUGAR, GRANULATED..... 902573 SUGAR, BROWN..... 002035 PUMPKIN PIE SPICE..... 020027 CORNSTARCH.....	102 CUP 2 CUP 3/4 CUP 3/4 CUP, unpacked 3/8 CUP 2 CUP	COOK APPLE FILLING: Drain apples and set juice aside. (Note: each #10 can contains approximately 1 cup of juice.) In a large stockpot or tilt skillet, heat drained apples, 2 cups maple syrup, sugar, brown sugar, and pumpkin pie spice on medium-high heat, stirring frequently. Make a slurry by whisking the reserved apple juice with the cornstarch until its texture is smooth. When apple mixture begins to boil, add the cornstarch slurry and stir frequently until apples thicken and the taste of cornstarch disappears.
001186 CHEESE, CREAM, FAT FREE..... 902490 USDA HI Pro, Vanilla, no fat 32oz 110398+..... 902500 Maple Syrup, Regular..... 002050 VANILLA EXTRACT.....	3 1/8 LB 6 1/4 CUP 4 CUP 1/4 CUP	MAKE CREAM CHEESE MAPLE VANILLA SAUCE: In a mixer, using the whisk attachment, add cream cheese and mix until smooth. With the mixer turned on low, add 1 cup of yogurt at a time. Once the cream cheese and yogurt are incorporated, add 4 cups maple syrup and vanilla extract.
		ASSEMBLE APPLE DUMPLING ROLLUPS: Place each tortilla on an individual foil sheet. Place 1/2 cup (#8 scoop) of apple filling in the center of each tortilla and wrap like a burrito. Wrap the foil sheet around the rollup. In a single layer, line wrapped rollups on a baking sheet. Heat wrapped rollups for 10-15 minutes (depending on how cool apples were before wrapping them). Serve 2 tablespoons (#30 scoop) of Maple-Vanilla Yogurt dipping sauce on the side.

*Nutrients are based upon 1 Portion Size (1 Rollup+Sauce)

Calories	301 kcal	Cholesterol	2.95 mg	Sugars	*0.86* g	Calcium	177.78 mg	8.01%	Calories from Total Fat
Total Fat	2.68 g	Sodium	479.67 mg	Protein	8.74 g	Iron	3.05 mg	1.82%	Calories from Saturated Fat
Saturated Fat	0.61 g	Carbohydrates	60.11 g	Vitamin A	9.56 IU	Water ¹	*10.71* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.11 g	Vitamin C	*2.52* mg	Ash ¹	*0.55* g	79.79%	Calories from Carbohydrates
								11.60%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... 1.5 oz				? - Egg
Fruit..... 0.5 cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902465	USDA Tortilla, Whole Grain, 8" 100938+			
I	902481	USDA Apple Slices, Canned, Unsweet, #100206+			
I	902500	Maple Syrup, Regular			
I	902504	SUGAR, GRANULATED			
I	902573	SUGAR, BROWN			
I	002035	PUMPKIN PIE SPICE			
I	020027	CORNSTARCH			
I	001186	CHEESE, CREAM, FAT FREE			
I	902490	USDA HI Pro, Vanilla, no fat 32oz 110398+			
I	902500	Maple Syrup, Regular			
I	002050	VANILLA EXTRACT			

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