

# Idaho Apple Commission

## Recipe

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**Recipe: 000189 Idaho Apple Vanilla Fondue**

Recipe Source:  
Recipe Group: BREAKFAST

Alternate Recipe Name:  
Number of Portions: 100  
Size of Portion: 1 Cup

009003 IDAHO APPLES,RAW,WITH SKIN..... 050351 CHEESE, CHEDDAR, YELLOW, BLOCK...	25 7/8 LB 6 1/4 LB	Preheat oven to 400°F. Spray four deep steam table pans with cooking spray.  <u>Prepare Ingredients</u> Wash, core and slice apples. Shred cheddar cheese.
020027 CORNSTARCH..... 002050 VANILLA EXTRACT..... 902474 Yogurt, Plain, Fat Free..... 002047 SALT, TABLE.....	1/2 CUP 1 CUP 6 1/4 QT 1/2 TBSP	<u>Prepare Yogurt-Cheese Mixture</u> In a small bowl, whisk cornstarch and vanilla extract until cornstarch is dissolved. In a large bowl, mix yogurt, vanilla mixture, salt, and cheddar cheese.  <u>Prepare and Cook Dish</u> Spread 25 cups of apples as evenly as possible in each steam table pan. Divide yogurt-cheese mixture into four parts. Using a rubber spatula spread 1 part of the yogurt-cheese mixture evenly over each pan of apples. Bake for 15-20 minutes. Note: it is very important to not overcook this dish as the cheese mixture will become grainy. Dish is cooked when cheese is melted and apples are warm, yet crisp.  <u>Serve Dish</u> Serve 1 cup apples topped with yogurt-cheese mixture. Apple Vanilla Fondue should not be held in the warmers for longer than 20 minutes.  <u>Chef Tips</u> The following Idaho apples are great to use in cooking: Fuji, Rome, Jonathan and Golden Delicious. Idaho apples are available from August through May.

\*Nutrients are based upon 1 Portion Size (1 Cup)

Calories	216 kcal	Cholesterol	31.25 mg	Protein	9.61 g	Calcium	323.69 mg	40.05%	Calories from Total Fat
Total Fat	9.60 g	Sodium	255.24 mg	Vitamin A	62.65 RE	Iron	0.43 mg	25.09%	Calories from Saturated Fat
Saturated Fat	6.01 g	Carbohydrates	22.86 g	Vitamin A	347.19 IU	Water <sup>1</sup>	*101.28* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.81 g	Vitamin C	5.98 mg	Ash <sup>1</sup>	*0.32* g	42.39%	Calories from Carbohydrates
								17.82%	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  
<sup>1</sup> - denotes optional nutrient values

**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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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	1.5 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	1 cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
<b>Moisture &amp; Fat Change</b>					? - 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	009003	IDAHO APPLES,RAW,WITH SKIN			
I	050351	CHEESE, CHEDDAR, YELLOW, BLOCK			
I	020027	CORNSTARCH			
I	002050	VANILLA EXTRACT			
I	902474	Yogurt, Plain, Fat Free			
I	002047	SALT, TABLE			

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