

Cycle 1

Caramelized Apple Pan Tart

Baked pancake with caramelized apples and craisins, served with country pork sausage and maple syrup



WIMS# 35077 Allergens: Egg, Milk, Wheat

Caramelized Apple Pan Tart

Nutrition Facts	
1 servings per container	
Serving size	1 meal (191 g)
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 32g	41%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1050mg	46%
Total Carbohydrate 54g	20%
Dietary Fiber 0g	0%
Total Sugars 37g	
Protein 10g	
Vitamin D 0.01mcg	0%
Calcium 100mg	8%
Iron 1.2mg	7%
Potassium 290mg	7%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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