

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Fat (g)	SatFat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Calc (mg)	Iron (mg)
Spiced Apple Pie																
Crust, pie, refrig dough	0.125	Each	110	7	3	0	3	140	12	0	0	1	0	0	0	0
Apples, peeled, fresh, sml 2 3/4" (AP Whole)	0.625	Each	38.4	0.1	0.02	0	0	0	10.21	1.04	8.08	0.22	30.4	3.2	4	0.06
Juice, lemon, fresh	0.25	Teaspoon	0.28	0	0	0	0	0.01	0.09	0	0.03	0	0.08	0.49	0.08	0
Sugar, white, granulated	0.0625	Cup	48.76	0	0	0	0	0.13	12.6	0	12.57	0	0	0	0.13	0.01
Spice, cinnamon, ground	0.07813	Teaspoon	0.5	0	0	0	0	0.02	0.16	0.11	0	0.01	0.6	0.01	2.04	0.02
Spice, nutmeg, ground	0.01563	Teaspoon	0.18	0.01	0.01	0	0	0.01	0.02	0.01	0.01	0	0.04	0	0.06	0
Salt, table	0.01563	Teaspoon	0	0	0	0	0	36.34	0	0	0	0	0	0	0.02	0
Flour, all purpose, white, bleached, enrich	0.25	Tablespoon	7.11	0.02	0	0	0	0.04	1.49	0.05	0.01	0.2	0	0	0.29	0.09
Butter, salted	0.0625	Tablespoon	6.36	0.72	0.46	0.03	1.91	6.34	0	0	0	0.01	22.18	0	0.21	0
Milk, 1%, w/add vit A & D	0.0625	Tablespoon	0.4	0.01	0.01	0	0.05	0.42	0.05	0	0.05	0.03	1.87	0	1.19	0
Moisture Adjustment: Loss	5.94	Gram														
Total			212	7.87	3.49	0.03	4.96	183.3	36.61	1.21	20.75	1.47	55.16	3.7	8.02	0.17