

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 |