



UNIVERSITY OF WYOMING
EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
AUGUST



APPLE PECAN BAKE

INGREDIENTS

3/4 cup granulated sugar
3 Tbsp. whole wheat flour
1 tsp. baking powder
1/4 tsp. salt
2 eggs
1 tsp. vanilla
1 cup pecans
2 cups diced apples (peeled if desired)

DIRECTIONS

1. Combine dry ingredients
2. Beat eggs with the vanilla and add to dry ingredients.
3. Stir in apples and pecans.
4. Stir to combine well.
5. Lightly oil or butter a 9x9" square glass pan.
6. Bake 375 degrees Fahrenheit for 35 minutes or until golden brown.
7. Serve warm or cool.
8. Refrigerate leftovers.



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Apple Pecan Bake

Nutrition Facts	
Serving Size: (0.0g)	
Servings Per Container: 8	
Amount Per Serving	
Calories 280	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 225mg	75%
Sodium 14330mg	597%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 9g	18%
Vitamin A 8%	• Vitamin C 20%
Calcium 6%	• Iron 10%
Thiamin 8%	• Riboflavin 20%
Vitamin B6 8%	• Vitamin B12 10%
Pantothenic Acid 10%	• Phosphorus 15%
Zinc 10%	• Selenium 30%
Copper 10%	• Manganese 40%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

INGREDIENTS: EGG, SALT, APPLES, SUGAR, PECANS, WHOLE GRAIN WHEAT FLOUR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), VANILLA EXTRACT

CONTAINS: EGG, WHEAT

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