

Mandarin Oranges

Servings:	100.00
Serving Size:	4.00 1/2c
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Mandarin oranges in JCE 6-10 GFS

Nutrition Information

Calories	60.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.00g	Fiber	0.00g
Sugar	11.00g	Sodium	10.00mg
Iron	0.36mg	Vitamin C	18.00mg
Vitamin A	400.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 1/2 cup	612448	ORANGES MAND IN JCE 6-10 GFS	

Preparation Instructions