

# Assorted Canned Fruit

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46040
<b>School:</b>	Highland Elementary		

## Ingredients

Description	Measurement	DistPart #
PEACH DCD IN JCE	1 Quart	610372
PEAR DCD IN JCE	1 Quart	610364
APPLESAUCE UNSWT	1 Quart	271497
PINEAPPLE TIDBITS IN WTR	1 Quart	612464
FRUIT COCKTAIL DCD XL/S	1 Quart	258362
ORANGES MAND WHL L/S	1 Quart	117897

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	58.36
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.20mg
<b>Carbohydrates</b>	13.79g
<b>Fiber</b>	1.08g
<b>Sugar</b>	9.51g
<b>Protein</b>	0.40g
<b>Vitamin A</b> 45.85IU	<b>Vitamin C</b> 0.59mg
<b>Calcium</b> 10.41mg	<b>Iron</b> 0.27mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	51.47		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.82mg		
<b>Carbohydrates</b>	12.16g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	8.39g		
<b>Protein</b>	0.35g		
<b>Vitamin A</b>	40.44IU	<b>Vitamin C</b>	0.52mg
<b>Calcium</b>	9.18mg	<b>Iron</b>	0.24mg

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