

Assorted Canned Fruit

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	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	READY_TO_EAT	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

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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