

Assorted Fresh Fruit



Servings:	300.00	Category:	Fruit
Serving Size:	1.00 Apple	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46041
School:	Highland Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	18 Gallon 3 Quart (300 Cup)	READY_TO_EAT Rinse under cool water and let dry	310

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: 300.00

Serving Size: 1.00 Apple

Amount Per Serving			
Calories	98.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	23.53g		
Fiber	4.00g		
Sugar	17.84g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available
