

Apple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40521
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Alternative choices:

582271 Granny Smith

597481 Delicious Golden

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	66.60
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.30mg
Carbohydrates	18.00g
Fiber	3.10g
Sugar	13.00g
Protein	0.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 7.68mg	Iron 0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available