

Sliced Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40522
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	1 Package	BAKE READY_TO_EAT	473171

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available