

# Assorted Canned Fruit

<b>Servings:</b>	96.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1 #10 CAN		610372
PEAR DCD IN JCE	1 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1 #10 CAN		258362
ORANGES MAND WHL L/S	1 #10 CAN		117897

## Preparation Instructions

Serve in 6oz black insert

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.539
<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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	72.75		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.69mg		
<b>Carbohydrates</b>	16.71g		
<b>Fiber</b>	1.08g		
<b>Sugar</b>	10.78g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	77.22IU	<b>Vitamin C</b>	0.99mg
<b>Calcium</b>	14.78mg	<b>Iron</b>	0.37mg

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

### Nutrition - Per 100g

No 100g Conversion Available