

Fancy Fruit Cup



| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45395 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------|-------------|-------------------|------------|
| FRUIT MIXED IQF | 1/2 Cup | | 578614 |

Preparation Instructions

Thaw and serve in black 6oz insert dish

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| 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 Cup

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 30.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 7.50g | | |
| Fiber | 1.00g | | |
| Sugar | 6.00g | | |
| Protein | 0.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 7.00mg | 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