

# Fruit, Fresh Medley

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGE 113 - 138 CT 1/35 LB CS	1 Each		171871
Banana	1 Each		197769
PEAR 95-110CT MRKN	1 Each		198056

## Preparation Instructions

Wash fruit, slice fruit or serve whole

Place in bag for service or boat

CCP Hold for cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	88.70		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	22.75g		
Fiber	3.90g		
Sugar	10.75g		
Protein	1.05g		
Vitamin A	120.78IU	Vitamin C	23.30mg
Calcium	25.11mg	Iron	0.23mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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