

# Applesauce Cup, Blue Raspberry

|                      |                          |                       |         |
|----------------------|--------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                     | <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-50323 |
| <b>School:</b>       | Attica Jr/Sr High School |                       |         |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| APPLESAUCE BLUE RASPB 96-4.5Z COMM | 1 Each      |                   | 136711     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 70.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 14.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg | <b>Iron</b>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available