

# BLUEBERRY SAUCE

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9950
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Cup		119873
SUGAR BEET GRANUL	1/4 Cup		108588
WATER SPRNG	1/4 Cup		686860
LEMON JUICE 100	1 1/2 Teaspoon		311227
STARCH CORN	1 Tablespoon		108413

## 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>	0.500
<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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	144.61		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	37.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	31.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available