

Fresh strawberries



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8666
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/2 Cup		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.056
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	4.53		
Fat	0.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.14mg		
Carbohydrates	1.11g		
Fiber	0.29g		
Sugar	0.67g		
Protein	0.10g		
Vitamin A	1.70IU	Vitamin C	8.33mg
Calcium	2.27mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available