

GRAPE AND CHERRY TOMATOES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43869
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE/CHERRY MEDLEY	1/4 Cup		870169

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	1.75g		
Fiber	0.50g		
Sugar	1.25g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.50mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available