

PEELED APRICOT HALVES IN LIGHT SYRUP



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8683
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT HLVS PLD XL/S	1/2 Cup		705535

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 7.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available