

Cantaloupe Wedge



| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 10.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-35887 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-----------------------|------------|
| MELON MUSK CANTALOUPE 9-12CT AVG | 1 Each | *Order Piazza #00418* | 200565 |

Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
 2. Place cantaloupe on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- One cantaloupe yields about 10 4 oz (1/2cup) servings.

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: 10.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|-------------------------|---------------------------|
| Calories | 26.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 12.00mg |
| Carbohydrates | 7.00g |
| Fiber | 0.50g |
| Sugar | 6.50g |
| Protein | 0.50g |
| Vitamin A 0.00IU | Vitamin C 252.00mg |
| Calcium 5.00mg | 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