

# Kiwi with Blueberries

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29649
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

## Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

CCP: Hold for cold service at 41° or less.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	30.72
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.45mg
<b>Carbohydrates</b>	7.62g
<b>Fiber</b>	1.32g
<b>Sugar</b>	5.34g
<b>Protein</b>	0.45g
<b>Vitamin A</b> 23.98IU	<b>Vitamin C</b> 4.31mg
<b>Calcium</b> 5.76mg	<b>Iron</b> 0.15mg

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

## Nutrition - Per 100g

No 100g Conversion Available