

# Cantaloupe Wedge



<b>Servings:</b>	10.00	<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-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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 10.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available