

HS Assorted Fruit



Servings:	9.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEAR	1 Each		198056
BANANA TURNING SNGL 150CT	1 Each		197769
PEAR DCD IN JCE	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S	1/2 Cup		152811
PEACH DCD XL/S	1/2 Cup	READY_TO_EAT ready to use	268348

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: 9.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	71.09
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.50mg
Carbohydrates	17.44g
Fiber	2.08g
Sugar	11.00g
Protein	0.72g
Vitamin A 62.07IU	Vitamin C 11.50mg
Calcium 15.16mg	Iron 0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available