

Fruit

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CHNK BITE SZ IN JCE	1/2 Cup		610437
FRUIT MIXED DCD IN JCE	1/2 Cup		610348
PINEAPPLE TIDBITS IN JCE	1/2 Cup		189979
PEAR DCD IN JCE	1/2 Cup		610364
APPLESAUCE UNSWT	1/2 Cup		271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.475
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		57.94	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		4.00mg	
Carbohydrates		14.39g	
Fiber		1.15g	
Sugar		10.94g	
Protein		0.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.44mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available
