

BLUEBERRY SAUCE



Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9950
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Cup		119873
SUGAR BEET GRANUL	1/4 Cup		108588
WATER SPRNG	1/4 Cup		686860
LEMON JUICE 100	1 1/2 Teaspoon		311227
STARCH CORN	1 Tablespoon		108413

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	144.61		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	37.50g		
Fiber	1.50g		
Sugar	31.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available