

Asst. Apples



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16048
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.030
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	2.00		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.54g		
Fiber	0.09g		
Sugar	0.39g		
Protein	0.01g		
Vitamin A	2.07IU	Vitamin C	0.18mg
Calcium	0.23mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available