

# Grapes Giggles



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26347
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grapes Red SDLS US#1 50-1/2 CUP PG/CS- Graves County Schools	1 Package	READY_TO_EAT	18D79

## Preparation Instructions

READY\_TO\_EAT  
CCP: Hold for cold service at 41° F or lower.

## 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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		104.00	
<b>Fat</b>		0.24g	
<b>SaturatedFat</b>		0.08g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		3.02mg	
<b>Carbohydrates</b>		27.30g	
<b>Fiber</b>		1.36g	
<b>Sugar</b>		23.40g	
<b>Protein</b>		1.10g	
<b>Vitamin A</b>	4.54IU	<b>Vitamin C</b>	4.84mg
<b>Calcium</b>	15.10mg	<b>Iron</b>	0.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available