

Gala Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30658
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR Royal Gala 125-150 CT 40 LB CS- Graves County Schools	1 Apple	READY_TO_EAT	14J93

Preparation Instructions

READY_TO_EAT
CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		89.50	
Fat		0.19g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		1.57mg	
Carbohydrates		21.50g	
Fiber		3.61g	
Sugar		16.30g	
Protein		0.39g	
Vitamin A	1.57IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available