

# Plums



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49210
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PLUM 40-60CT	1 Each	Ready To Eat	164178

## Preparation Instructions

No Preparation Instructions available.

## 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 Each

Amount Per Serving			
<b>Calories</b>		30.40	
<b>Fat</b>		0.20g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		8.00g	
<b>Fiber</b>		0.90g	
<b>Sugar</b>		7.00g	
<b>Protein</b>		0.50g	
<b>Vitamin A</b>	227.70IU	<b>Vitamin C</b>	6.27mg
<b>Calcium</b>	3.96mg	<b>Iron</b>	0.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available