

Cantaloupe & Honey Dew



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE HNYDEW CHNK	1 Cup		838411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.800
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		96.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		40.00mg	
Carbohydrates		25.60g	
Fiber		1.60g	
Sugar		24.00g	
Protein		1.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.40mg	Iron	0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available