

Red Delicious Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8448
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR R/D 125-138 CT LB CS- Graves County Schools	1 Apple	READY_TO_EAT	14M10

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 Each

Amount Per Serving			
Calories	93.20		
Fat	0.32g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.30g		
Fiber	3.63g		
Sugar	16.60g		
Protein	0.43g		
Vitamin A	4.74IU	Vitamin C	0.00mg
Calcium	9.48mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available