

Strawberries and Whipped Cream



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27240
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	6 Gallon 1 Quart (100 Cup)		212768
CREAM WHIP 40 HVY ESL	1 Quart 1 Pint 1 Fluid Ounce 1 7/8 Tablespoon (100 Tablespoon)	Whipped Cream - Yield 2X volume after whipped	428801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.600
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		168.60	
Fat		12.48g	
SaturatedFat		8.00g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		1.55mg	
Carbohydrates		11.91g	
Fiber		3.10g	
Sugar		7.15g	
Protein		1.07g	
Vitamin A	18.24IU	Vitamin C	89.34mg
Calcium	24.31mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available