

ARL unflavored skim milk



Servings:	100.00	Category:	Milk
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32115
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, fluid, 1% fat, without added vitamin A and vitamin D	6 Gallon 1 Quart (50 Pint)		1175
Cream, fluid, heavy whipping	2 cup, fluid (yields 2 cups whipped)		1053

Preparation Instructions

100 cups of milk for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
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		106.59	
Fat		2.80g	
SaturatedFat		1.82g	
Trans Fat*		0.01g**	
Cholesterol		13.57mg	
Sodium		107.69mg	
Carbohydrates		12.21g	
Fiber		0.00g	
Sugar		12.72g	
Protein		8.26g	
Vitamin A	132.47IU	Vitamin C	0.01mg
Calcium	305.80mg	Iron	0.07mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available