

Variety of Dried Fruit

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51205
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES	1 Each	READY_TO_EAT	544426
CRANBERRY DRIED WTRMLN	1 Each		121732
CRANBERRY DRIED STRAWB	1 Each		531681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		116.67	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydrates		29.33g	
Fiber		2.33g	
Sugar		25.00g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.68mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--