

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53062
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	N/A	794181
SLUSHIE STRAWB-KW	1 Each	N/A	863880
SLUSHIE STRAWB-MANG	1 Each	N/A	863890
SLUSHIE SR CHRY-LEM	1 Each	N/A	667911

Preparation Instructions

Remove from freezer and let sit out a short time before eating

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: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.50mg	
Carbohydrates		22.00g	
Fiber		0.00g	
Sugar		18.75g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	1187.50mcg	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available
