

Watermelon Wedge



Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS	1 Each	*Order Piazza #01815*	326089

Preparation Instructions

1. Thoroughly wash and dry watermelon.
 2. Place watermelon on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
CCP: Hold for service at 41F or lower.

Order Piazza #01815

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.250
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	22.80
Fat	0.10g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.75mg
Carbohydrates	5.50g
Fiber	0.30g
Total Sugar	4.50g
Added Sugar	0.00g
Protein	0.45g
Vitamin A 432.44mcg	Vitamin C 6.16mg
Calcium 5.32mg	Iron 0.18mg

Nutrition - Per 100g

No 100g Conversion Available