

Fresh Mixed Fruit

NO IMAGE

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEAR	1 Each		198056
GRAPES RED SDLSS	4 Cup		197831
STRAWBERRY	2 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.778
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	89.13
Fat	0.38g
Saturated Fat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.90mg
Carbohydrates	23.22g
Fiber	2.45g
Total Sugar	17.29g
Added Sugar	0.00g
Protein	0.98g
Vitamin A 145.24mcg	Vitamin C 19.18mg
Calcium 24.71mg	Iron 0.35mg

Nutrition - Per 100g

No 100g Conversion Available