

# Fresh Fruit Variety- Breakfast

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57074

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	198056
Markon First Crop 125 Count Gala Apples, Fresh, 125 Ct Package, 1/Case	1 Each	Rinse whole fruits and vegetables in clean running water prior to using	374125
Markon Essentials 100-138 Count Juicer Oranges, Fresh, 40 Lb Carton, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	100955

## Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.750
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	76.67		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	20.33g		
<b>Fiber</b>	4.00g		
<b>Total Sugar</b>	14.67g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.95mg	<b>Iron</b>	0.10mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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