

Fresh Fruit Variety- Lunch

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57075

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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available
