

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8369
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/2 Cup	Ready to use.	612448

Preparation Instructions

Ready to use.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	60.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	0.00g
Total Sugar	11.00g
Added Sugar	9.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available