

# Cantaloupe

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    | <b>Recipe ID:</b>     | R-35595          |

## Ingredients

| Description       | Measurement | Prep Instructions                      | DistPart # |
|-------------------|-------------|--|------------|
| CANTALOUPE 9-12CT | 1/2 Cup     | Hold for cold service at 41° or lower. | 605273     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.500 |
| <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: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving          |                          |
|-----------------------------|--------------------------|
| <b>Calories</b>             | 30.10                    |
| <b>Fat</b>                  | 0.15g                    |
| <b>Saturated Fat</b>        | 0.05g                    |
| <b>Trans Fat</b>            | 0.00g                    |
| <b>Cholesterol</b>          | 0.00mg                   |
| <b>Sodium</b>               | 14.15mg                  |
| <b>Carbohydrates</b>        | 7.00g                    |
| <b>Fiber</b>                | 0.80g                    |
| <b>Total Sugar</b>          | 7.00g                    |
| <b>Added Sugar</b>          | 0.00g                    |
| <b>Protein</b>              | 0.75g                    |
| <b>Vitamin A</b> 2993.07mcg | <b>Vitamin C</b> 32.48mg |
| <b>Calcium</b> 7.97mg       | <b>Iron</b> 0.19mg       |

### Nutrition - Per 100g

No 100g Conversion Available