

Plums

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49210
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PLUM 40-60CT	1 Each	Ready To Eat	164178

Preparation Instructions

No Preparation Instructions available.

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: 1.00 Each

Amount Per Serving	
Calories	30.40
Fat	0.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	8.00g
Fiber	0.90g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 227.70mcg	Vitamin C 6.27mg
Calcium 3.96mg	Iron 0.11mg

Nutrition - Per 100g

No 100g Conversion Available