

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