

Watermelon

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS	1 Cup	Ready to eat.	326089

Preparation Instructions

DOD- 15P42

Hold at 41 degrees or lower.

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	45.60
Fat	0.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.50mg
Carbohydrates	11.00g
Fiber	0.60g
Total Sugar	9.00g
Added Sugar	0.00g
Protein	0.90g
Vitamin A 864.88mcg	Vitamin C 12.31mg
Calcium 10.64mg	Iron 0.36mg

Nutrition - Per 100g

No 100g Conversion Available