

Sliced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8464
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD IN JCE	1/2 Cup	Ready To Eat	610399

Preparation Instructions

Drain and serve.

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: 1.00 Cup

Amount Per Serving	
Calories	70.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available