

# Fruit Plate

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17346

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F	1 Each	Ready To Eat	200612
CRACKER GLDFSH CINN	2 Package	Ready To Eat	194510
RAISIN SELECT 1.5Z BOXES	1 Package	READY_TO_EAT	544426
CHEESE STRING MOZZ	1 Ounce	Ready to Eat	347211

## Preparation Instructions

Container- 578044

CCP: Hold for cold service at 41° F or lower.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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 Each

Amount Per Serving	
<b>Calories</b>	432.50
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	432.50mg
<b>Carbohydrates</b>	59.75g
<b>Fiber</b>	2.50g
<b>Total Sugar</b>	31.25g
<b>Added Sugar</b>	5.00g**
<b>Protein</b>	13.25g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 556.51mg	<b>Iron</b> 6.89mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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