

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