

Cantaloupe & Honey Dew

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE HNYDEW CHNK	1 Cup		838411

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.800
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	96.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	25.60g		
Fiber	1.60g		
Total Sugar	24.00g		
Added Sugar	0.00g		
Protein	1.60g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.40mg	Iron	0.58mg

Nutrition - Per 100g

No 100g Conversion Available