

# Watermelon



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<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: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	45.60
<b>Fat</b>	0.20g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.50mg
<b>Carbohydrates</b>	11.00g
<b>Fiber</b>	0.60g
<b>Total Sugar</b>	9.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.90g
<b>Vitamin A</b> 864.88mcg	<b>Vitamin C</b> 12.31mg
<b>Calcium</b> 10.64mg	<b>Iron</b> 0.36mg

## Nutrition - Per 100g

No 100g Conversion Available