

Strawberries



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8453
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/2 Cup	READY_TO_EAT	17W87

Preparation Instructions

Ready to eat.

CCP: Hold for cold service at 41° F 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	23.00
Fat	21.50g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	5.53g
Fiber	1.45g
Total Sugar	3.52g
Added Sugar	0.00g
Protein	48.00g
Vitamin A 8.50mcg	Vitamin C 42.35mg
Calcium 11.50mg	Iron 0.30mg

Nutrition - Per 100g

No 100g Conversion Available