

Mandarin Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8369
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/2 Cup	Ready to use.	612448

Preparation Instructions

Ready to use.

CCP: Store at 50°F - 70°F.

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	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	11.00g		
Added Sugar	9.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available