

Sliced Pears



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8464
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD IN JCE	1/2 Cup	Ready To Eat	610399

Preparation Instructions

Drain and serve.

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: 1.00 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Total Sugar	11.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available