

Gala Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30658
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR Royal Gala 125-150 CT 40 LB CS- Graves County Schools	1 Apple	READY_TO_EAT	14J93

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	1.000
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 Each

Amount Per Serving	
Calories	89.50
Fat	0.19g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.57mg
Carbohydrates	21.50g
Fiber	3.61g
Total Sugar	16.30g
Added Sugar	0.00g
Protein	0.39g
Vitamin A 1.57mcg	Vitamin C 0.00mg
Calcium 11.00mg	Iron 0.19mg

Nutrition - Per 100g

No 100g Conversion Available