

Cantaloupe & Honey Dew



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE HNYDEW CHNK	1 Cup		838411

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.800
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	96.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	40.00mg
Carbohydrates	25.60g
Fiber	1.60g
Total Sugar	24.00g
Added Sugar	0.00g
Protein	1.60g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 22.40mg	Iron 0.58mg

Nutrition - Per 100g

No 100g Conversion Available