

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S	1 Cup		268348
PINEAPPLE TIDBITS IN JCE	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

Preparation Instructions

No Preparation Instructions available.

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.20		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	15.60g		
Fiber	1.00g		
Total Sugar	12.60g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	1.40mg	Iron	0.08mg

Nutrition - Per 100g

No 100g Conversion Available
