

# Fruit-Canned Assorted

NO IMAGE

<b>Servings:</b>	120.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1 #10 CAN		610372
PEAR DCD IN JCE	1 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1 #10 CAN		258362
ORANGES MAND WHL L/S	1 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979

## Preparation Instructions

Place in 3oz cup

CCP Hold cold service at 41F or lower

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.000

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	79.76
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.16mg
<b>Carbohydrates</b>	19.18g
<b>Fiber</b>	1.08g
<b>Total Sugar</b>	13.80g
<b>Added Sugar</b>	3.66g
<b>Protein</b>	0.32g
<b>Vitamin A</b> 61.78mcg	<b>Vitamin C</b> 0.80mg
<b>Calcium</b> 13.98mg	<b>Iron</b> 0.38mg

## Nutrition - Per 100g

<b>Calories</b>	93.78
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.53mg
<b>Carbohydrates</b>	22.56g
<b>Fiber</b>	1.27g
<b>Total Sugar</b>	16.22g
<b>Added Sugar</b>	4.31g
<b>Protein</b>	0.38g
<b>Vitamin A</b> 72.64mcg	<b>Vitamin C</b> 0.94mg
<b>Calcium</b> 16.43mg	<b>Iron</b> 0.45mg