

Fruit Cocktail

NO IMAGE

Servings:	96.00	Category:	Fruit
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44822

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL IN JCE	4 #10 CAN		610232

Preparation Instructions

Place in 3 ounce

CCP Hold for cold service at 41F or lower

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.539
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	64.67		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.24g		
Fiber	2.16g		
Total Sugar	12.93g		
Added Sugar	0.00g		
Protein	1.08g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.70mg	Iron	0.00mg

Nutrition - Per 100g

Calories	76.03		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.28g		
Fiber	2.53g		
Total Sugar	15.21g		
Added Sugar	0.00g		
Protein	1.27g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	11.41mg	Iron	0.00mg