

# Captain Johnny POP Fruit Squeeze

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50006
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORANGE	1 Each		563710
SORBET CUP CHRY/BLUERASPB	1 Each		602382
SORBET CUP STRAWB/KIWI	1 Each		602362

## Preparation Instructions

Freeze for service

## 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: 3.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	86.67
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.67mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	17.00g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 0.49mg

## Nutrition - Per 100g

No 100g Conversion Available