

Pumpkin Cutie

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50184
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY	1 Cup		198005

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.90
Fat	0.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.70mg
Carbohydrates	21.00g
Fiber	3.60g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	1.50g
Vitamin A 407.55mcg	Vitamin C 97.52mg
Calcium 70.95mg	Iron 0.21mg

Nutrition - Per 100g

No 100g Conversion Available