

# Melon Cup



<b>Servings:</b>	128.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50490

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE CHNK	16 Pound		782601
HONEYDEW CHNK	16 Pound		782610

## Preparation Instructions

Place in 4 oz cup

CCP Hold for cold service 41 F or below

If cutting whole fruit- wash, peel and cut into cubes

## 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: 128.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	52.00
<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>	20.00mg
<b>Carbohydrates</b>	12.80g
<b>Fiber</b>	0.80g
<b>Total Sugar</b>	12.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.40g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.60mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	45.86
<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>	17.64mg
<b>Carbohydrates</b>	11.29g
<b>Fiber</b>	0.71g
<b>Total Sugar</b>	10.58g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.35g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.94mg	<b>Iron</b> 0.00mg