

Berry Cup



Servings:	28.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50491

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Strawberries	128 Ounce	Thaw strawberries, rinse fruit and take of stem and cut strawberry in halves	212768

Preparation Instructions

Wash

Place in 4 oz cup

CCP Hold for cold service at 41F or lower

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: 28.00

Serving Size: 4.50 Ounce

Amount Per Serving	
Calories	40.63
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.16g
Fiber	0.00g
Total Sugar	6.10g
Added Sugar	0.00g**
Protein	1.02g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.73mg	Iron 0.53mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	31.85
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.96g
Fiber	0.00g
Total Sugar	4.78g
Added Sugar	0.00g**
Protein	0.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 16.25mg	Iron 0.41mg

**One or more nutritional components are missing from at least one item on this recipe.