

Fresh Fruit Medley



Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGE 113-138CT COMM	1 Each		171871
Banana	1 Each		197769
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

Wash fruit, slice fruit or serve whole
Place in bag for service or boat
CCP Hold for cold service at 41F or lower

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.750
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	89.15
Fat	0.18g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	22.75g
Fiber	4.03g
Total Sugar	10.75g
Added Sugar	0.00g**
Protein	1.08g
Vitamin A 120.78mcg	Vitamin C 23.30mg
Calcium 25.11mg	Iron 0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available