

Pineapple & Mandarin Oranges



Servings:	882.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9656

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	18 3/8 #10 CAN		189979
ORANGES MAND WHL L/S	18 3/8 #10 CAN		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.539
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 882.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	91.61
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.39mg
Carbohydrates	21.56g
Fiber	0.54g
Total Sugar	19.40g
Added Sugar	9.16g
Protein	0.54g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 17.78mg	Iron 0.75mg

Nutrition - Per 100g

No 100g Conversion Available
