

Chilled Fruit Assortment

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	0.50 0.5 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Fruit, Extra Light Syrup, Canned	1/2 Cup	READY_TO_EAT shelf stable; ready to eat	100212
Pears, Diced, Extra Light Syrup, Canned	1/2 Cup	READY_TO_EAT shelf stable; ready to eat	100225
PEACH SLCD 6-10 COMM	1/2 Cup		110710

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: 3.00

Serving Size: 0.50 0.5 cup

Amount Per Serving			
Calories	61.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	15.33g		
Fiber	1.00g		
Total Sugar	12.00g		
Added Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available