

Applesauce Cups (variety)



Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE MANG PCH CUP	1 Each		849531
APPLESAUCE PCH UNSWT CUP	1 Each		450564
APPLESAUCE CINN UNSWT CUP	1 Each		809402
APPLESAUCE STRAWB NSA CUP	1 Each		174331

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	16.256
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	1630.61
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	455.42g
Fiber	32.51g
Total Sugar	390.15g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 25000.00mg**
Calcium 162.56mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	652243.93
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	182168.30g
Fiber	13004.88g
Total Sugar	156058.54g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 10000000.00mg**
Calcium 65024.39mg	Iron 0.00mg

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