

Whole Grain Donuts w/ fresh fruit salad

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28521
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	1 Package		738201
DONUT CHOC MINI IW	1 Package		738181
Fresh Fruit Salad	4 Serving		R-33822

Preparation Instructions

serve 1 pack donuts with 1/2 cup fruit salad serve chilled

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	321.89
Fat	13.61g
Saturated Fat	6.77g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	302.68mg
Carbohydrates	48.47g
Fiber	2.88g
Total Sugar	25.28g
Added Sugar	18.50g
Protein	4.84g
Vitamin A 100.07mcg RAE	Vitamin C 44.15mg
Calcium 39.14mg	Iron 1.51mg

Nutrition - Per 100g

Calories	141.93
Fat	6.00g
Saturated Fat	2.99g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	133.46mg
Carbohydrates	21.37g
Fiber	1.27g
Total Sugar	11.15g
Added Sugar	8.16g
Protein	2.13g
Vitamin A 44.12mcg RAE	Vitamin C 19.46mg
Calcium 17.26mg	Iron 0.67mg