

Variety of Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED	1/7 Cup		280895
BANANA TURNING SNGL 150CT	1/7 Cup		197769
APPLE GALA	1/7 Cup		197718
APPLE DELICIOUS RED	1/7 Cup		197696
PEAR	1/7 Cup		198056
KIWI	1/7 Cup		287008
ORANGES NAVEL/VALENCIA CHC	1/7 Cup		322326

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.957
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	246.53
Fat	0.32g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.89mg
Carbohydrates	61.52g
Fiber	9.78g
Total Sugar	40.68g
Added Sugar	0.00g**
Protein	1.39g
Vitamin A 158.03mcg RAE	Vitamin C 41.47mg
Calcium 42.10mg	Iron 0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available