

Applesauce Cup Variety

NO IMAGE

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP	1 Each		726580
APPLESAUCE STRWB BAN CUP	1 Package		250012
APPLESAUCE WTRMLN CUP	1		276161
APPLESAUCE PLN R/S CUP	1 Ounce		276171

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	70.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	18.40g
Fiber	1.00g
Total Sugar	15.40g
Added Sugar	2.80g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	1234.57
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	176.37mg
Carbohydrates	324.51g
Fiber	17.64g
Total Sugar	271.60g
Added Sugar	49.38g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 88.18mg	Iron 0.00mg