

Sidekick Fruit Slushie

NO IMAGE

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG	1 Each		863890

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	22.25g
Fiber	0.00g
Total Sugar	19.50g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 982.50mcg RAE	Vitamin C 60.00mg
Calcium 82.50mg	Iron 0.35mg

Nutrition - Per 100g

No 100g Conversion Available