

Variety of Canned Fruit



Servings:	8.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE	1/2 Cup		610267
PEAR SLCD IN JCE	1/2 Cup		610399
FRUIT MIXED DCD IN JCE	1/2 Cup		610348
ORANGES MAND IN JCE	1/2 Cup		612448
PINEAPPLE TIDBITS IN WTR	1/2 Cup	READY_TO_EAT	612464
APPLESAUCE CINN UNSWT CUP	1 Each		699180
APPLESAUCE UNSWT CUP	1 Each		581742
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.375
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	61.85
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.25mg
Carbohydrates	15.02g
Fiber	1.09g
Total Sugar	12.43g
Added Sugar	1.13g
Protein	0.25g
Vitamin A 22.50mcg RAE	Vitamin C 7.50mg
Calcium 18.40mg	Iron 0.26mg

Nutrition - Per 100g

No 100g Conversion Available