

Assorted Fresh Fruit

NO IMAGE

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1/2 Each		597481
APPLE DELICIOUS RED	1/2 Each		256662
APPLE GALA	1/2 Each		569392
BANANA TURNING	1 Each		200999
GRAPES RED	1/2 Cup		280895
KIWI	2 Each		287008
MELON CANTALOUPE	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEAR	1 Each		198056
STRAWBERRY	1/2 Cup		212768
WATERMELON RED SDLSS	1/2 Cup		326089

Preparation Instructions

jsh 12.10.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.948
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	86.22
Fat	0.27g
Saturated Fat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.23mg
Carbohydrates	21.63g
Fiber	3.50g
Total Sugar	13.99g
Added Sugar	0.00g**
Protein	0.76g
Vitamin A 131.86mcg RAE	Vitamin C 54.76mg
Calcium 19.10mg	Iron 0.24mg

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

Nutrition - Per 100g

Calories	828.25
Fat	2.58g
Saturated Fat	0.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.41mg
Carbohydrates	207.82g
Fiber	33.65g
Total Sugar	134.39g
Added Sugar	0.00g**
Protein	7.30g
Vitamin A 1266.63mcg RAE	Vitamin C 526.08mg
Calcium 183.46mg	Iron 2.28mg

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