

Assorted Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15197
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED	1/14 Cup		280895
1-150CT #1 PETITE BANANA - 197769	1/7		970836
APPLE GALA	1/7 Each		197718
APPLE DELICIOUS RED	1/7 Each		197696
PEAR	4/9 Ounce		198056
KIWI	1/7 Each		287008
ORANGES NAVEL/VALENCIA CHC	1/7 Each		322326

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.715
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: 0.50 Cup

Amount Per Serving	
Calories	80.15**
Fat	0.13g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	0.71mg**
Carbohydrates	19.74g**
Fiber	3.30g**
Total Sugar	13.76g**
Added Sugar	0.00g**
Protein	0.43g**
Vitamin A 50.91mcg RAE**	Vitamin C 17.54mg**
Calcium 16.91mg**	Iron 0.16mg**

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

Nutrition - Per 100g

Calories	628.12**
Fat	0.99g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	5.60mg**
Carbohydrates	154.70g**
Fiber	25.85g**
Total Sugar	107.84g**
Added Sugar	0.00g**
Protein	3.40g**
Vitamin A 398.99mcg RAE**	Vitamin C 137.43mg**
Calcium 132.49mg**	Iron 1.26mg**

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