

Whole Grain Donuts w/ fresh fruit salad

NO IMAGE

| | | | |
|----------------------|----------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28521 |
| School: | Summer Feeding | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| DONUT PWDRD MINI IW | 1 Package | | 738201 |
| DONUT CHOC MINI IW | 1 Package | | 738181 |
| Fresh Fruit Salad | 4 Serving | | R-33822 |

Preparation Instructions

serve 1 pack donuts with 1/2 cup fruit salad serve chilled

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 2.000 |
| 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: 2.00

Serving Size: 1.00 Package

| Amount Per Serving | |
|--------------------------------|--------------------------|
| Calories | 321.89 |
| Fat | 13.61g |
| Saturated Fat | 6.77g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 302.68mg |
| Carbohydrates | 48.47g |
| Fiber | 2.88g |
| Total Sugar | 25.28g |
| Added Sugar | 18.50g |
| Protein | 4.84g |
| Vitamin A 100.07mcg RAE | Vitamin C 44.15mg |
| Calcium 39.14mg | Iron 1.51mg |

Nutrition - Per 100g

| | |
|-------------------------------|--------------------------|
| Calories | 141.93 |
| Fat | 6.00g |
| Saturated Fat | 2.99g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 133.46mg |
| Carbohydrates | 21.37g |
| Fiber | 1.27g |
| Total Sugar | 11.15g |
| Added Sugar | 8.16g |
| Protein | 2.13g |
| Vitamin A 44.12mcg RAE | Vitamin C 19.46mg |
| Calcium 17.26mg | Iron 0.67mg |