

# Assorted Fresh Fruit

NO IMAGE

<b>Servings:</b>	11.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

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

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