

# Applesauce Cup Variety

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29325
<b>School:</b>	Hobart Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP	1 Each		726580
APPLESAUCE STRWB BAN CUP	1 Package		250012
APPLESAUCE WTRMLN CUP	1		276161
APPLESAUCE PLN R/S CUP	1 Ounce		276171

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	70.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	18.40g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	15.40g
<b>Added Sugar</b>	2.80g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	1234.57
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	176.37mg
<b>Carbohydrates</b>	324.51g
<b>Fiber</b>	17.64g
<b>Total Sugar</b>	271.60g
<b>Added Sugar</b>	49.38g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 88.18mg	<b>Iron</b> 0.00mg