

# Assorted Fresh Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15197
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.715
<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: 1.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

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

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