

# Apple Slices PK

NO IMAGE

|                      |                                      |                       |         |
|----------------------|--------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Each                            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                | <b>Recipe ID:</b>     | R-45367 |
| <b>School:</b>       | Walton-Verona Early Childhood Center |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions                | DistPart # |
|-------------|-------------|----------------------------------|------------|
| APPLE GALA  | 1/2 Each    | Wash apple and Cut into 4 slices | 197718     |

## 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: 1.00

Serving Size: 0.50 Each

| Amount Per Serving            |                         |
|-------------------------------|-------------------------|
| <b>Calories</b>               | 33.30                   |
| <b>Fat</b>                    | 0.10g                   |
| <b>Saturated Fat</b>          | 0.00g                   |
| <b>Trans Fat</b>              | 0.00g                   |
| <b>Cholesterol</b>            | 0.00mg                  |
| <b>Sodium</b>                 | 0.65mg                  |
| <b>Carbohydrates</b>          | 9.00g                   |
| <b>Fiber</b>                  | 1.55g                   |
| <b>Total Sugar</b>            | 6.50g                   |
| <b>Added Sugar</b>            | 0.00g                   |
| <b>Protein</b>                | 0.15g                   |
| <b>Vitamin A</b> 34.56mcg RAE | <b>Vitamin C</b> 2.95mg |
| <b>Calcium</b> 3.84mg         | <b>Iron</b> 0.08mg      |

## Nutrition - Per 100g

No 100g Conversion Available