

Mandarin Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50779
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/2 Cup		612448

Preparation Instructions

1/2 cup serving CCP 41F or below for service

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	60.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	0.00g
Total Sugar	11.00g
Added Sugar	9.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

Nutrition - Per 100g

Calories	52.91
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.82mg
Carbohydrates	12.35g
Fiber	0.00g
Total Sugar	9.70g
Added Sugar	7.94g
Protein	0.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 17.64mg	Iron 0.35mg