

Apple Slices



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45111
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA	1 Each	Wash apple and Cut into 8 slices	197718

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
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: 1.00 Each

Amount Per Serving	
Calories	66.60
Fat	0.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.30mg
Carbohydrates	18.00g
Fiber	3.10g
Total Sugar	13.00g
Added Sugar	0.00g
Protein	0.30g
Vitamin A 69.12mcg RAE	Vitamin C 5.89mg
Calcium 7.68mg	Iron 0.15mg

Nutrition - Per 100g

No 100g Conversion Available