

# Strawberries Healthy Challenge-Fruit Rainbow



<b>Servings:</b>	4.00	<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-46119
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	1		197769
APPLE GALA	1 Each		197718
MANDARIN VAR	1 Each		722451
STRAWBERRY WHL LRG	4 Ounce		112591

## Preparation Instructions

Wash and Prepare Fruit- create the rainbow for students to select Veggies

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.563
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	61.92
<b>Fat</b>	0.14g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.61mg
<b>Carbohydrates</b>	15.72g
<b>Fiber</b>	2.10g
<b>Total Sugar</b>	9.83g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.78g
<b>Vitamin A</b> 20.68mcg RAE	<b>Vitamin C</b> 18.14mg
<b>Calcium</b> 13.48mg	<b>Iron</b> 0.26mg

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

## Nutrition - Per 100g

<b>Calories</b>	218.40
<b>Fat</b>	0.49g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.17mg
<b>Carbohydrates</b>	55.46g
<b>Fiber</b>	7.42g
<b>Total Sugar</b>	34.69g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	2.73g
<b>Vitamin A</b> 72.95mcg RAE	<b>Vitamin C</b> 63.99mg
<b>Calcium</b> 47.55mg	<b>Iron</b> 0.90mg

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