

Fruit Choice Fresh (Ouachita)

Page 1

Recipe

Recipe: 000135 FRUIT CHOICE FRESH

Recipe Source: LCM OUACHITA
 Recipe Group: FRUIT

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 98
 Size of Portion: 1/2 CUP

| | | |
|---|------------------------|--|
| 051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN..... | 1 medium (3" dia) | |
| 051451 APPLES, FRESH, GRANNY SMITH, WITH SKIN..... | 1 medium (3" dia) | |
| 009501 APPLES,RAW,GOLDEN DELICIOUS,W/ SKN..... | 1 small | |
| 009040 BANANAS,RAW..... | 1 small (6" to 6-7/8") | |
| 009181 MELONS,CANTALOUPE,RAW..... | 1/2 CUP, cubes | |
| 009132 GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON... | 1 CUP | |
| 009200 ORANGES,RAW,ALL COMM VAR..... | 1 each,2-5/8"dia | |
| 009266 PINEAPPLE,RAW,ALL VAR..... | 1/2 CUP, chunks | |
| 009279 PLUMS,RAW..... | 1/2 CUP, sliced | |
| 009316 STRAWBERRIES,RAW..... | 1/2 CUP, halves | |
| 009326 WATERMELON,RAW..... | 1/2 CUP, diced | |

*Nutrients are based upon 1 Portion Size (1/2 CUP)

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|----------|---------|-----------------------------|
| Calories | 7 kcal | Cholesterol | 0.00 mg | Sugars | *0.90* g | Calcium | 1.31 mg | 3.19% | Calories from Total Fat |
| Total Fat | 0.02 g | Sodium | 0.26 mg | Protein | 0.07 g | Iron | 0.03 mg | 0.53% | Calories from Saturated Fat |
| Saturated Fat | 0.00 g | Carbohydrates | 1.71 g | Vitamin A | 42.06 IU | Water ¹ | *7.60* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 0.24 g | Vitamin C | 2.13 mg | Ash ¹ | *0.04* g | 102.30% | Calories from Carbohydrates |
| | | | | | | | | 4.31% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Page 2

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| Miscellaneous | | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|----------------------------------|-----|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Milk |
| Grain..... | oz | | | | ? - Egg |
| Fruit..... | cup | | | | ? - Peanut |
| Vegetable..... | cup | | | | ? - Tree Nut |
| Milk..... | cup | | | | ? - Fish |
| Moisture & Fat Change | | | | | ? - Shellfish |
| Moisture Change. | 0% | | | | ? - Soy |
| Fat Change..... | 0% | | | | ? - Wheat |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I | 051450 | APPLES, RED DELICIOUS, FRESH, WITH SKI | | | |
| I | 051451 | APPLES, FRESH, GRANNY SMITH, WITH SKIN | | | |
| I | 009501 | APPLES,RAW,GOLDEN DELICIOUS,W/ SKN | | | |
| I | 009040 | BANANAS,RAW | | | |
| I | 009181 | MELONS,CANTALOUPE,RAW | | | |
| I | 009132 | GRAPES,RED OR GRN (EURO TYPE,SUCH AS | | | |
| I | 009200 | ORANGES,RAW,ALL COMM VAR | | | |
| I | 009266 | PINEAPPLE,RAW,ALL VAR | | | |
| I | 009279 | PLUMS,RAW | | | |
| I | 009316 | STRAWBERRIES,RAW | | | |
| I | 009326 | WATERMELON,RAW | | | |

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