

Fruit Cup, Candy Corn (Livingston Parish Public Schools)

Recipe: 000306 FRUIT CUP, CANDY CORN

Recipe HACCP Process: #1 No Cook

Recipe Source:
Recipe Group: FRUIT

Alternate Recipe Name: CANDY CORN FRUIT CUP

Number of Portions: 100
Size of Portion: .50 CUP

902400 PINEAPPLE, TIDBITS..... 903127 ORANGE, SEGMENTS, LT SYRUP, CANNED.... 903128 WHIPPED TOPPING, NON FAT, FROZEN.....	3 #10 CAN 3 #10 CAN 2 BAG 16 OZ	Clean tops of cans before opening.
		Drain pineapple tidbits and orange segments completely
		Portion in layers 1/4 Cup Pineapple Tidbits (Portion with #16 scoop) then 1/4 Cup Orange Segments (Portion with #16 scoop)
		Garnish with 2 TBSP Non-Fat Whipped Topping Place 1 piece candy corn on top of whipped topping to create fall themed treat.

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	132 kcal	Cholesterol	0.00 mg	Sugars	24.44 g	Calcium	*0.00* mg	15.49%	Calories from Total Fat
Total Fat	2.27 g	Sodium	0.00 mg	Protein	0.00 g	Iron	*0.27* mg	15.49%	Calories from Saturated Fat
Saturated Fat	2.27 g	Carbohydrates	31.09 g	Vitamin A	288.44 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.22 g	Vitamin C	17.73 mg	Ash ¹	*0.00* g	94.34%	Calories from Carbohydrates
								0.00%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.