

Date: 1/18/2024
Time: 2:01 PM



fruit bowl

NAMA



Author

Categories Catering menus 2008, Rozzelle, Rozzelle Feb 2008, Salad

Tools

Locations

Plate/Store

Yield	175	oz	Prep
Portion	12	oz	Cook
Num Portions	14.58		Finish
			Shelf

Nutrition Facts

Serving Size 12.00 oz (340g)

Servings Per Container about 15

Amount Per Serving

Calories 114 **Calories From Fat** 7

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 17mg 1%

Total Carbohydrates 29g 10%

Dietary Fiber 3g 12%

Sugars 3g

Protein 1g

Vitamin A 2% Vitamin C 104%

Calcium 2% Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Fat
Low Saturated Fat
Cholesterol Free
Very Low Sodium
Healthy
High in Vitamin C
Good Source of Potassium
Good Source of Carbohydrates
Good Source of Fiber