

Recipe List Report

Organization: MSD15 + QB16 Nutrition
Included Recipes: Selected Recipe
Include Ingredients: Yes
Recipe(s): Fresh Fruit Variety, 1/2 cup Lunch
Category: All Categories
Status: Active, Inactive

Name	Number	Category	Serving Size	Cal. (kcal)	Cholesterol (mg)	Sod. (mg)	Potassium	Dietary Fiber (gm)	Total Sugars (gm)	Added Sugars (gm)	Iron	Calcium	Vitamin A	Vitamin C	Vitamin D	Protein (gm)	Total Carbohydrate (gm)	Total Fat (gm)	Sat. Fat (gm)	Trans Fat (gm)	Cost
Fresh Fruit Variety, 1/2 cup Lunch	1659462	Fruit	1/2 cup	56.805	0.000*	0.676	185.362*	2.243	10.526	N/A*	0.234*	13.543	197.662*	15.383*	0.000*	0.761	14.464	0.229	0.034*	0.000*	
Bananas, raw	7246311			9.547	0.000	0.107	38.404	0.279	1.312	0.000	0.028	0.536	6.865	0.933	0.000	0.117	2.450	0.035	0.012	0.000	
Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)	7249490			7.044	0.000	0.135	14.494	0.325	1.407	0.000	0.016	0.813	7.315	0.623	0.000	0.035	1.871	0.023	0.004	0.000	
Oranges, raw, all commercial varieties	7249448			5.597	0.000	0.000	21.555	0.286	1.114	0.000	0.012	4.764	26.795	6.336	0.000	0.112	1.399	0.014	0.002	0.000	
100ct/3oz Fresh Apple Slices	24132893			2.732	0.000	0.000	0.000	0.124	0.546	0.000	0.000	1.804	0.000	0.000	0.000	0.000	0.665	0.000	0.000	0.000	
Nectarines, raw	7246288			5.680	0.000	0.000	25.947	0.219	1.019	0.000	0.036	0.775	42.858	0.697	0.000	0.137	1.362	0.041	0.003	0.000	
Peaches, yellow, raw	7246376			5.318	0.000	0.000	25.909	0.205	1.144	0.000	0.034	0.818	44.455	0.900	0.000	0.124	1.301	0.034	0.003	0.000	
Plums, raw	7246351			2.760	0.000	0.000	9.420	0.084	0.595	0.000	0.010	0.360	20.700	0.570	0.000	0.042	0.685	0.017	0.001	0.000	
Strawberries, raw	7246362			2.095	0.000	0.065	10.015	0.131	0.320	0.000	0.027	1.047	0.785	3.849	0.000	0.044	0.503	0.020	0.001	0.000	
Pears, raw	7249493			9.224	0.000	0.162	18.771	0.502	1.578	0.000	0.029	1.456	4.045	0.696	0.000	0.058	2.464	0.023	0.004	0.000	
Watermelon, raw	7246260			2.073	0.000	0.069	7.738	0.028	0.428	0.000	0.017	0.484	39.313	0.560	0.000	0.042	0.522	0.010	0.001	0.000	
Grapes, red or green (European type, such as Thompson seedless), raw	7257375			4.736	0.000	0.137	13.110	0.062	1.062	0.000	0.025	0.686	4.530	0.220	0.000	0.049	1.242	0.011	0.004	0.000	

* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.