

Fresh Cut Fruit Salad

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 cup
Portion 8.5 oz
Num Portions 1

Prep
Cook
Finish
Shelf

Nutrition Facts

Serving Size 8.5 oz (241g)
Servings Per Container 1

Amount Per Serving

Calories 108 Calories From Fat 7

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 1%

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrates 27g 9%

Dietary Fiber 3g 11%

Protein 2g

Vitamin A 48% Vitamin C 113%

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 A
High in Vitamin C
Good Source of Potassium
Good Source of Fiber