Fresh Fruit Xcel

Lancer Management

Categories

Tools

Locations

Plate

			Prep
Yield	1	ea	**Cook**
Portion	1	ea	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 ea

Servings Per Container 1

Amount Per Serving	
Calories 89	Calories From Fat 5
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 23g	8%
Dietary Fiber 4g	18%
Protein 0g	
Vitamin A 2%	Vitamin C 14%
Calcium 1%	Iron 2%

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

Nutrition Descriptors

Low Fat
Low Saturated Fat
Cholesterol Free
Sodium Free
Healthy
Good Source of Vitamin C
Good Source of Fiber

Ingredients

apple