Fruit Cup Xcel

Lancer Management

Categories
Tools
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Plate

			Prep
Yield	6	oz	**Cook**
Portion	6	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 6 oz (170g)
Servings Per Container 1

Amount Per Serving	
Calories 71	Calories From Fat 5
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrates 18g	6%
Dietary Fiber 2g	8%
Protein 1g	
Vitamin A 37%	Vitamin C 80%
Calcium 2%	Iron 2%

* 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

Ingredients

cantaloupe, pineapple, honeydew melon, red seedless grapes, strawberries