

Nutritional Information for FRUIT MIXED DCD IN JCE 6-10 GFS

Product Number:	610348
Description:	AP Fruit Mix, Diced, Canned in Pear Juice

Nutritional Information			
Serving Size .5 cup (124 g)			
Amount Per Serving			
Calories 62		Calories from Fat 2	
% Daily Value			
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	2 mg	0%	
Potassium	193 mg	6%	
Total Carbs	16 g	5%	
Dietary Fiber	1 g	4%	
Sugars	9 g	n/a	
Protein	1 g	1%	
Vitamin A -	4%	Vitamin C -	11%
Calcium -	1%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	177 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	12 mg
Vitamin C	6 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a