Arlington School District

Page 1 Recipe Sizing Report Oct 30, 2019

000064 - APPLES,Fresh:

HACCP Process: #1 No Cook

Number of Portions: 1 Size of Portions: EACH Alternate Recipe Name: APPLE

009003 APPLES,RAW,WITH SKIN... 1 medium (3 per LB)

*Nutrients are based upon 1 Portion Size (EACH)

| Calories | 72 | kcal | Cholesterol | 0 | mg | Sugars | 14.3 | g | Calcium | 8.28 | mg | 2.94% | Calories from Total Fat |
|------------------------|------|------|-------------|-------|----|-----------|------|----|--------------------|--------|----|---------|-------------------------|
| Total Fat | 0.23 | g | Sodium | 1 | mg | Protein | 0.36 | g | Iron | 0.17 | mg | 0.48% | Calories from Sat Fat |
| Sat Fat | 0.04 | g | Carbs | 19.06 | g | Vitamin A | 74.5 | IU | Water ¹ | 118.07 | g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 | g | D. Fiber | 3.31 | g | Vitamin C | 6.3 | mg | Ash ¹ | 0.26 | g | 106.23% | Calories from Carbs |
| | | | | | | | | | | | | 2 00% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.