

Arlington School District

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

* - 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.