

This Excel Spreadsheet contains the nutrition information for all fruits and vegetables. The fruits are listed in one tab and the vegetables in another. Items are listed by category and then alphabetically within the category.

Fruits are divided into the following categories: fresh, canned/dried/frozen, and juice.

Vegetables are divided into the following categories: fresh, hot, and juice.

All milk and condiments are listed in a separate Excel spreadsheet.



RECIPE NUTRITIONAL SUMMARY - Fruits 17/18 SY

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
FRESH FRUITS																	
M52217	Fresh Apple	1 each (0 g)	62	0	0	0	0	0	0	17	3	12	0	0	10	0	0
M53799	Fresh Apple Slices (IW)	1 each (0 g)	30	0	0	0	0	0	0	7	1	6	0	0	35	0	0
M51458	Fresh Banana	1 each (0 g)	70	0	0	0	0	0	0	18	2	9	<1	0	10	0	0
M50429	Fresh Cantaloupe	1/2 cup (0 g)	25	0	0	0	0	10	6	6	<1	6	<1	50	45	0	0
M50529	Fresh Grapes	1/2 cup (0 g)	60	0	0	0	0	0	15	<1	14	<1	0	6	0	0	0
M50534	Fresh Orange Wedges	8 wedge (0 g)	45	0	0	0	0	0	11	2	9	<1	4	90	4	0	0
M50786	Fresh Pear	1 each (0 g)	110	0	0	0	0	0	29	6	18	<1	0	15	0	0	0
CANNED/DRIED/FROZEN FRUITS																	
M53549	Applesauce	1/2 cup (0 g)	50	0	0	0	0	10	14	2	9	0	0	0	0	0	0
M50745	Cinnamon Apples	1/2 cup (0 g)	110	0	0	0	*0	10	26	2	23	0	0	0	0	0	0
M50784	Diced Peaches	1/2 cup (0 g)	70	0	0	0	0	10	17	0	13	0	6	0	0	0	0
M52273	Diced Pears	1/2 cup (0 g)	80	0	0	0	0	10	18	2	17	0	0	0	0	0	0
M54350	Diced Strawberries	1 each (0 g)	120	0	0	0	0	0	33	2	31	<1	0	90	0	4	0
M54313	Dried Cranberries	1 each (0 g)	100	0	0	0	0	0	27	2	24	0	0	0	0	0	0
M52794	Mandarin Oranges	1/2 cup (0 g)	80	0	0	0	0	10	17	<1	15	<1	4	20	0	0	0
M50192	Mixed Fruit	1/2 cup (0 g)	80	0	0	0	0	0	18	<1	15	0	4	0	0	0	0
M50722	Raisins	1 each (0 g)	130	0	0	0	0	0	34	2	25	1	0	0	2	4	0
M54457	Wild Blueberries	1/2 cup (0 g)	35	0	0	0	0	0	9	3	*	0	0	0	0	0	0
FRUIT JUICE																	



RECIPE NUTRITIONAL SUMMARY - Fruits 17/18 SY

M50979	Apple Juice	1 each (0 g)	60	0	0	0	0	0	15	14	0	13	0	0	0	0	0
M50980	Fruit Juice	1 each (0 g)	60	0	0	0	0	0	10	14	0	13	0	0	6	0	0
M53365	Grape Juice	1 each (0 g)	80	0	0	0	0	0	15	18	0	18	0	0	0	0	0
M50982	Orange Juice	1 each (0 g)	50	0	0	0	0	0	15	12	0	10	<1	0	70	0	0
M50495	Wango Mango Juice	1 each (0 g)	50	0	0	0	0	0	30	13	0	12	0	10	10	0	0



RECIPE NUTRITIONAL SUMMARY - Vegetables 17/18 SY

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
FRESH VEGETABLES																	
M50431	Baby Carrots	1/2 cup (0 g)	25	0	0	0	0	0	55	6	2	3	0	200	4	2	4
M50186	Broccoli Florets	1/2 cup (0 g)	10	0	0	0	0	0	10	2	<1	<1	<1	4	45	0	0
M52770	Celery Sticks	1/2 cup (0 g)	10	0	0	0	0	0	50	2	<1	<1	0	6	4	2	0
M50350	Cucumber Slices	1/2 cup (0 g)	10	0	0	0	0	0	0	3	0	1	0	0	4	0	0
M51297	Garden Salad	1 cup (0 g)	15	0	0	0	0	0	15	4	1	2	<1	100	15	2	2
M50823	Grape Tomatoes	1/2 cup (0 g)	15	0	0	0	0	0	0	3	1	2	<1	15	20	0	0
M52109	Jicama Sticks	1/2 cup (0 g)	25	0	0	0	0	0	0	6	3	1	0	0	25	0	2
M52815	Red Peppers Strips	1/2 cup (0 g)	15	0	0	0	0	0	0	3	1	2	0	30	110	0	0
HOT VEGETABLES																	
M52980	Black Charro Beans	1/2 cup (0 g)	130	10	1	0	*0	0	125	23	8	<1	8	2	6	10	15
M54834	Green Beans	1/2 cup (0 g)	20	0	0	0	0	0	0	4	2	1	1	0	0	0	0
M52278	Green Peas	1/2 cup (0 g)	70	0	0	0	0	0	70	13	4	4	5	40	15	2	8
M50815	Kickin' Pintos	1/2 cup (0 g)	130	5	1	0	0	0	200	25	5	<1	6	2	4	6	10
M51045	Mashed Potatoes	1/2 cup (0 g)	80	10	1	0	0	0	100	15	<1	<1	2	0	15	0	0
M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
M50820	Refried Beans	1/2 cup (0 g)	150	25	3	0	0	0	360	21	10	0	7	4	2	0	10
M54841	Steamed Broccoli (USDA Foods)	1/2 cup (0 g)	25	0	0	0	0	0	20	5	3	1	3	0	0	0	0
M50187	Steamed Broccoli	1/2 cup (0 g)	25	0	0	0	0	0	10	5	3	1	3	15	60	2	2
M50195	Steamed Carrots	1/2 cup (0 g)	30	5	0.5	0	0	0	50	7	3	4	<1	300	4	4	2



RECIPE NUTRITIONAL SUMMARY - Vegetables 17/18 SY

M52265	Sweet Golden Corn	1/2 cup (0 g)	70	0	0.5	0	0	0	0	16	2	3	2	4	4	0	2
M51715	Sweet Potato Fries	3/4 cup (0 g)	220	60	7	0	0	0	170	35	5	11	2	100	15	4	4
M53421	Tater Bites	1/2 cup (0 g)	140	60	7	1.5	0	0	280	16	2	*	2	0	0	0	4
M53153	Vegetarian Baked Beans	1/2 cup (0 g)	130	0	0	0	0	0	550	29	5	10	7	0	0	4	10
VEGETABLE JUICE																	
M50495	Wango Mango Juice	1 each (0 g)	50	0	0	0	0	0	30	13	0	12	0	10	10	0	0