

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 18/19 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																	
M50529	Fresh Grapes	1/2 cup (0 g)	60	0	0	0	0	0	0	15	<1	14	<1	0	6	0	0
M50534	Fresh Orange Wedges	8 wedge (0 g)	45	0	0	0	0	0	0	12	2	9	<1	4	90	4	0
M50786	Fresh Pear	1 each (0 g)	110	0	0	0	0	0	0	29	6	18	<1	0	15	0	0
M51458	Fresh Banana	1 each (0 g)	70	0	0	0	0	0	0	18	2	9	<1	0	10	0	0
M53799	Fresh Apple Slices	1 each (0 g)	30	0	0	0	0	0	0	7	1	6	0	0	35	0	0
CANNED/DRIED/FROZEN FRUITS																	
M50178	Pineapple Tidbits	1/2 cup (0 g)	80	0	0	0	0	0	0	19	<1	17	<1	*	20	0	0
M50423	Blueberries	1/2 cup (0 g)	35	0	0	0	0	0	0	8	2	6	0	0	2	0	0
M50427	Mixed Fruit	1/2 cup (0 g)	60	0	0	0	0	5	13	13	1	13	1	4	2	0	0
M50722	Raisins	1 each (0 g)	130	0	0	0	0	0	0	34	2	25	1	0	0	2	4
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)	50	0	0	0	0	5	14	1	*	<1	6	6	0	0	2
M50793	Applesauce	1/2 cup (0 g)	90	0	0	0	0	10	22	2	18	0	0	0	0	0	0
M52268	Diced Peaches	1/2 cup (0 g)	50	0	0	0	0	10	12	0	10	0	6	2	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	0	33	2	31	<1	0	90	0	4
M52794	Mandarin Oranges	1/2 cup (0 g)	80	0	0	0	0	10	20	<1	19	<1	*	40	0	0	2
FRUIT JUICE																	
M50979	Apple Juice	1 each (0 g)	60	0	0	0	0	0	15	14	0	13	0	0	0	0	0



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M50980	Fruit Juice	1 each (0 g)	60	0	0	0	0	0	10	14	0	13	0	0	6	0	0
M50982	Orange Juice	1 each (0 g)	50	0	0	0	0	0	15	12	0	10	1	0	70	0	0



RECIPE NUTRITIONAL SUMMARY - Vegetables 18/19 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																	
M50121	Cucumber & Tomato Salad	1/2 cup (0 g)	40	20	2.5	0	0	0	180	5	<1	3	<1	10	15	0	0
M50186	Fresh Broccoli	1/2 cup (0 g)	10	0	0	0	0	0	10	2	<1	<1	<1	4	45	0	0
M50350	Fresh Cucumber Slices	1/2 cup (0 g)	10	0	0	0	0	0	0	3	0	1	0	0	4	0	0
M50431	Baby Carrots	1/2 cup (0 g)	25	0	0	0	0	0	55	6	2	3	0	200	4	2	4
M50674	Tossed Salad	1 cup (0 g)	15	0	0	0	0	0	10	3	<1	2	<1	25	15	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 Fresh	1/2 cup (0 g)	15	0	0	0	0	0	0	3	1	2	0	30	110	0	0
M52540	Fresh Zucchini	1/2 cup (0 g)	10	0	0	0	0	0	5	2	<1	2	<1	2	20	0	0
M54121	Three Bean Salad	1/2 cup (0 g)	110	25	2.5	0	0	0	190	17	4	2	6	4	8	6	6
M52770	Celery Sticks	1/2 cup (0 g)	10	0	0	0	0	0	50	2	<1	<1	0	6	4	2	0
HOT VEGETABLES																	
M50195	Steamed Carrots	1/2 cup (0 g)	30	5	0.5	0	0	0	50	7	3	4	<1	300	4	4	2
M50815	Kickin' Pintos	1/2 cup (0 g)	130	5	1	0	0	0	200	25	5	<1	6	2	4	6	10
M50823	Fresh Grape Tomatoes	1/2 cup (0 g)	15	0	0	0	0	0	0	3	1	2	<1	15	20	0	0
M51045	Mashed Potatoes	1/2 cup (0 g)	80	10	1	0	0	0	100	15	<1	<1	2	0	15	0	0
M51100	Steamed Cauliflower	1/2 cup (0 g)	20	0	0	0	0	0	20	4	3	1	2	0	50	0	2
M51731	Sweet Potato Fries	1/2 cup (0 g)	140	45	5	0.5	0	0	180	23	3	7	1	60	10	2	2
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
M52276	Peas and Carrots	1/2 cup (0 g)	40	0	0	0	0	0	55	8	3	4	3	160	10	0	4



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M53153	Vegetarian Baked Beans	1/2 cup (0 g)	130	0	0	0	0	0	550	29	5	10	7	0	0	4	10
M53170	Steamed Squash	1/2 cup (0 g)	20	0	0	0	0	0	0	3	<1	2	<1	20	20	0	0
M53220	Collard Greens	1/2 cup (0 g)	35	0	0	0	0	0	50	7	3	<1	3	230	45	20	6
M53421	Tater Bites	1/2 cup (0 g)	140	60	7	1.5	0	0	280	16	2	0	2	0	4	0	4
M53965	Campfire Chipotle Beans	1/2 cup (0 g)	170	10	1	0	*0	0	270	34	5	9	7	10	6	6	10
M54834	Green Beans	1/2 cup (0 g)	20	0	0	0	0	0	0	4	2	1	1	0	0	0	0