



RECIPE LIST

Fruits: Group D (100+)

| RECIPE NAME | MRS # | CALORIES | SAT. FAT | SODIUM | CREDIT | MENU CONTRIBUTION |
|------------------------------|-------|----------|----------|--------|--------|-------------------|
| APRICOTS (FROZEN) | 1219 | 110 | 0.00 | 5.00 | F | ½ CUP FRUIT |
| BANANAS (FRESH) | 1220 | 105 | 0.13 | 1.18 | F | ½ CUP FRUIT |
| FLAVORED RAISINS | 1291 | 140 | 0.00 | 5.00 | F | ½ CUP FRUIT |
| HOT CINNAMON APPLES (CANNED) | 1208 | 118 | 1.62 | 189.67 | F | ½ CUP FRUIT |
| PEAR SALAD (CANNED) | 1284 | 119 | 1.67 | 132.89 | F | ½ CUP FRUIT |
| RAISINS | 1290 | 129 | 0.03 | 4.73 | F | ½ CUP FRUIT |
| TANGERINES (FRESH) | 1298 | 120 | 0.09 | 4.54 | F | ½ CUP FRUIT |
| TROPICAL APPLES (CANNED) | 1216 | 152 | 1.63 | 48.79 | F | ½ CUP FRUIT |
| TROPICAL FRUIT (CANNED) | 1249 | 126 | 0.03 | 2.93 | F | ½ CUP FRUIT |
| WALDORF TROPICAL FRUIT CUP | 1264 | 106 | 0.03 | 3.00 | F | 1/2 CUP FRUIT |