



## 825167 - Captain America Fruit Cup

Source: Farm to School

Number of Portions: 56

Size of Portion: each

### Components:

Meat/Alt:

Grains:

Fruit: 0.5 cup

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
009316 STRAWBERRIES,RAW..... 009050 BLUEBERRIES,RAW..... 825038 Whipped Topping, Deco Bag, Richs 2559...	8 lbs 2 lbs + 6 ozs 1 pastry bag, 16 oz	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse strawberries and blueberries under running water. Drain in a colander. Using tomato scoop or knife, remove the tops (calyx) of the strawberries.
		Using a number 10 disher, place 3/8 cup of strawberries in a 4 to 6 ounce portion cup. Using number 30 disher, place two Tablespoons of blueberries on top of each fruit cup.  Top each portion cup of berries with 2 Tablespoons (.28 oz) of whipped topping. (Note: There are 56 servings per 16 ounce bag of whipped topping.) <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	57 kcal	Cholesterol	0 mg	Sugars	7.1 g	Calcium	11.52 mg	36.04%	Calories from Total Fat
Total Fat	2.28 g	Sodium	1 mg	Protein	0.58 g	Iron	0.32 mg	32.20%	Calories from Saturated Fat
Saturated Fat	2.04 g	Carbohydrates	9.79 g	Vitamin A	28.3 IU	Water <sup>1</sup>	*75.13* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.76 g	Vitamin C	40.0 mg	Ash <sup>1</sup>	*0.31* g	68.68%	Calories from Carbohydrates
								4.04%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.