



825191 - Sun Kissed Pear Wedges

Source: Farm to School

Number of Portions: 100

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Fruits

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C..... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 019296 HONEY..... 002021 GINGER,GROUND.....	1 1/2 cups 1 cup 1 cup 1/2 cup 1/2 Tbsp	CCP: No bare hand contact with ready to eat food. Combine pineapple, lemon, and lime juice. Add honey and ginger. Whisk until combined.
009340 PEARS,ASIAN,RAW.....	50 each, 100 ct per bushel	CCP: No bare hand contact with ready to eat food. Cut Asian pears into quarters and remove core. After cutting into quarters, then cut each quarter into 2 wedges making 8 wedges from each pear. Immediately toss cut pear wedges in juice mixture. Portion 4 wedges (½ pear) for ½ cup serving. For quality, hold and serve at 41 degrees F or below. Note: Farm to School Asian pears are usually packed about 50 each per 1/2 bushel box. The box weighs about 23 to 25 lb.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	54 kcal	Cholesterol	*0* mg	Sugars	9.5 g	Calcium	5.49 mg	4.40%	Calories from Total Fat
Total Fat	0.26 g	Sodium	1 mg	Protein	0.58 g	Iron	0.03 mg	0.26%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	13.79 g	Vitamin A	1.4 IU	Water ¹	104.13 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.96 g	Vitamin C	5.1 mg	Ash ¹	0.43 g	102.40%	Calories from Carbohydrates
								4.33%	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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							