



All Cycles

# Fresh Seasonal Fruit & Berries with Greek Yogurt Dip

Sliced honeydew, pineapple and cantaloupe with raspberries, strawberries, blackberries and blueberries. Served with vanilla Greek yogurt dip.



WIMS #: 31004

Allergens: Milk

Fruit Plate with Greek Yogurt		
<b>Nutrition Facts</b>		
Serving size 10.1 oz (287 g)		
Servings per container None		
Amount per serving		
<b>Calories</b> 130		
Calories from fat 5		
	<b>% Daily Value *</b>	
<b>Total fat</b> 0.5 g	1%	
Saturated fat 0 g	0%	
Trans fat 0 g		
<b>Cholesterol</b> 0 mg	0%	
<b>Sodium</b> 35 mg	1%	
<b>Total carbohydrates</b> 30 g	10%	
Dietary fiber 5 g	17%	
Sugars 23 g		
<b>Protein</b> 5 g		
Vitamin A 80%	•	Vitamin C 90%
Calcium 4%	•	Iron 4%
* % Daily Values are based on a 2000 calorie diet.		
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