

Cycle 1

Fresh Seasonal Fruit Plate

Fresh honeydew, blackberries, raspberries, and star fruit



WIMS# 35029

Fruit - Honeydew, Blackberries & Raspberries

Nutrition Facts	
1 servings per container	
Serving size	1 meal (225 g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 8g	28%
Total Sugars 14g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 0.9mg	6%
Potassium 420mg	9%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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