

FRUIT CALORIE & CARB COUNTS

Brea Olinda Unified School District

Recipe Description	Portion Size	Calories	Carbohydrates (grams)
APPLES, SLICED 2 OZ	1 EACH	29	8
APPLE, WHOLE	1 EACH	72	19
APPLESAUCE	1/2 CUP	52	14
APRICOTS, CANNED	1/2 CUP	62	16
APRICOTS, FRESH	1 EACH	17	4
BANANAS	1 EACH	105	27
DRIED FRUIT MIX	1/4 CUP	88	23
FRUIT MIX, CANNED	1/2 CUP	69	18
GRAPES, FRESH	1/2 CUP	31	8
JUICE CHOICE, 4OZ	1 EACH	57	15
ORANGES	1 EACH	62	15
PEACH CUP, FROZEN, 4.4OZ	1 EACH	80	19
PEACHES, CANNED	1/2 CUP	53	13
PEARS, CANNED	1/2 CUP	58	15
PLUMS, FRESH	1 EACH	30	8
RAISINS, 1.33OZ BOX	1 EACH	113	30
TANGERINES	1 EACH	64	16