

Recipe Name	Calories (Kcal)	Carb (g)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugar (g)	Pro (g)
Apple 1/2 Cup	52.52	13.948	0.172	0.028	0	1.01	2.424	10.494	0.263
Apple 3/4 Cup	77.48	20.577	0.253	0.042	0	1.49	3.576	15.481	0.387
Apple Juice, 6 oz	0	0	0	0	0	0	0	0	0
Apple Slices 1/2 Cup	34	8	0	0	0	0	2	6	0
Applesauce Variety 1/2 Cup	50	14	0	0	0	15	1	12	0
Apricot 1/2 Cup	33.6	7.784	0.273	0.019	0	0.7	1.4	6.468	0.98
Banana 1/2 Cup	105.02	26.951	0.389	0.132	0	1.18	3.068	14.431	1.286
Banana 3/4 Cup	135.28	34.717	0.502	0.17	0	1.52	3.952	18.59	1.657
Blueberries 1/2 Cup	41.853	10.639	0.242	0.021	0	0.734	1.762	7.313	0.543
Cantaloupe 1/2 Cup	26.025	6.246	0.145	0.039	0	12.247	0.689	6.016	0.643
Grapes 3 oz (NCA_SCA)	60	15	0	0	0	10	1	13	0
Honeydew 1/2 Cup	31.639	7.989	0.123	0.033	0	15.819	0.703	7.136	0.475
Kiwi 1/2 Cup	57.069	13.715	0.486	0.027	0	2.807	2.807	8.411	1.067
Kiwi 3/4 Cup	77.821	18.702	0.663	0.037	0	3.827	3.827	11.469	1.454
Nectarine 1/2 Cup	62.48	14.981	0.454	0.036	0	0	2.414	11.204	1.505
Nectarine 3/4 Cup	68.64	16.458	0.499	0.039	0	0	2.652	12.308	1.654
Orange 1/2 Cup	45.12	11.28	0.115	0.014	0	0	2.304	8.976	0.902
Orange 3/4 Cup	86.48	21.62	0.221	0.028	0	0	4.416	17.204	1.73
Orange Juice	60	14	0	0	0	0	0	12	0
Orange Slices 1/2 Cup	62.625	15.656	0.16	0.02	0	0	3.198	12.458	1.253
Peach 1/2 Cup	50.7	12.402	0.325	0.025	0	0	1.95	10.907	1.183
Peach 3/4 Cup	68.25	16.695	0.438	0.033	0	0	2.625	14.683	1.593
Pear 1/2 Cup	94.62	25.282	0.232	0.037	0	1.66	5.146	16.185	0.598
Pear 3/4 Cup	119.13	31.831	0.293	0.046	0	2.09	6.479	20.378	0.752
Pear Slices 1/2 Cup	43.631	11.658	0.107	0.017	0	0.765	2.373	7.463	0.276
Pineapple 1/2 Cup	38.273	10.043	0.092	0.007	0	0.765	1.072	7.54	0.413
Pineapple Juice	60	16	0	0	0	0	0	14	0
Plum 1/2 Cup	30.36	7.537	0.185	0.011	0	0	0.924	6.547	0.462
Plum 3/4 Cup	60.72	15.074	0.37	0.022	0	0	1.848	13.094	0.924
Raisins 1/4 Cup	120	29	0	0	0	5	2	27	1
Strawberry 1/2 Cup	29.03	6.967	0.272	0.014	0	0.907	1.814	4.436	0.608
Strawberry 3/4 Cup	43.546	10.451	0.408	0.02	0	1.361	2.722	6.654	0.912
Tangerine 1/2 Cup	51.675	13.007	0.302	0.038	0	1.95	1.755	10.316	0.79
Tangerine 3/4 Cup	77.513	19.51	0.453	0.057	0	2.925	2.633	15.473	1.185
Watermelon 1/2 Cup	27.216	6.849	0.136	0.015	0	0.907	0.363	5.625	0.553

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Watermelon 3/4 Cup	40.824	10.274	0.204	0.022	0	1.361	0.544	8.437	0.83