SHOPPING LIST

Orange & Almond Snack

- ◯ Orange
- ◯ Almonds

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Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Orange & Almond Snack

VEGETARIAN	TIME	DIFFICULTY	SERVES
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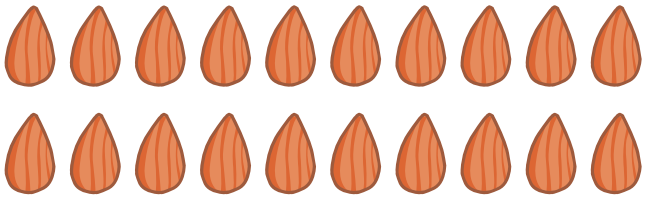
YES	less than 30 min.	Easy	

YOU WILL NEED

1 orange, peeled

20 almonds



DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Serve in a small bowl.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (178g)
Servings Per Container 1

Amount Per Serving	
Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	40%
Sugars 15g	
Protein 6g	

Vitamin A 2% • Vitamin C 130%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4