

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 05
FRUIT COCKTAIL FRUIT CUP

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	15 g	1 g	0 g	0 mg	4 mg	14 mg

Ingredient

ORANGE,FRESH,CHOPPED
FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS
APPLES,FRESH,MEDIUM,UNPEELED,DICED

Weight

3-1/8 lbs
20-1/4 lbs
3-1/3 lbs

Measure

1 qts 3-7/8 cup
2 gal 1-2/3 qts
3 qts 1/8 cup

Issue

4-1/4 lbs

3-7/8 lbs

Method

- 1 Quickly combine apples and oranges with canned fruit cocktail to prevent discoloration; mix thoroughly.
- 2 Cover; CCP: Hold for service at 41 F. or lower.