

SPICED FRUIT CUP**Yield** 100**Portion** 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	15 g	0 g	0 g	0 mg	3 mg	18 mg

Ingredient**Weight****Measure****Issue**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS

12-1/2 lbs

1 gal 2 qts

CINNAMON,GROUND

1/8 oz

1/8 tsp

NUTMEG,GROUND

1/8 oz

1/3 tsp

SUGAR,BROWN,PACKED

8-1/2 oz

1-5/8 cup

APPLES,FRESH,MEDIUM,UNPEELED,DICED

4 lbs

3 qts 2-1/2 cup

4-3/4 lbs

ORANGE,FRESH,SECTIONS,PEELED,DICED

5-1/4 lbs

3 qts 1-3/8 cup

18-1/3 each

Method

- 1 Drain fruit cocktail and reserve juice for Step 2. Combine drained juice with ground cinnamon, ground nutmeg, and packed brown sugar. Bring to a boil; reduce heat; simmer 5 minutes. Chill.
- 2 Combine fruit cocktail, apples and oranges. Pour chilled syrup over fruits; mix lightly.
- 3 Cover; CCP: Hold for service at 41 F. or lower.