

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 017 00**

**FRUIT SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
79 cal	19 g	1 g	0 g	1 mg	10 mg	53 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 ORANGE,FRESH,SECTIONS,PEELED,DICED  
 GRAPEFRUIT,FRESH,PEELED,CHUNKS  
 APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED  
 BANANA,FRESH,CHOPPED  
 QUICK FRUIT DRESSING  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

5-1/4 lbs  
 6-1/3 lbs  
 1-3/8 lbs  
 7-1/8 lbs  
 2-5/8 lbs  
 4 lbs

**Measure**

3 qts  
 0 gal 4 qts  
 2-3/4 cup  
 1 gal 2-1/2 qts  
 1 qts 3-7/8 cup  
 2 qts

**Issue**

21-7/8 each  
 2-5/8 lbs  
 9-1/8 lbs  
 4 lbs  
 6-1/4 lbs

**Method**

- 1 Drain pineapple. Reserve about 3 cups juice for use in Step 4.
- 2 Add oranges and grapefruit.
- 3 Add apples and bananas. Toss lightly.
- 4 Prepare 1 recipe Quick Fruit Dressing, Recipe No. M 056 00 using reserved pineapple juice. Fold dressing into fruit salad. Toss lightly. Cover; refrigerate.
- 5 Separate leaves. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.