

Fresh Mixed Fruit Cup

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, AP Bananas, fresh, AP Fruit Cocktail, canned in 100% juice or light syrup	4 lb 7 lb	2 #10 cans			<ol style="list-style-type: none"> 1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. 2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 3. Slice bananas. 4. Mix fresh fruit with canned fruit. 5. Chill thoroughly. <p>CCP: Hold for cold service at 41°F or lower.</p>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

Nutrients Per Serving

Calories	65	Vitamin A	203.4 IU	Iron	0.23 mg
Protein	0.64 gm	Vitamin C	5.33 mg	Calcium	7.41 mg
Carbohydrate	16.76 gm	Fiber	1.88 gm	Cholesterol	0 mg
Fat	0.18 gm	% Fat	2.43 %	Sodium	2.59 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.64 %		