

# *Tropical Fruit Salad*



© Photo by The John C. Stalker Institute of Food and Nutrition

## Tropical Fruit Salad

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (*adapted from: Goya*)

### Ingredients:

Ingredient Name	Measurements
Water	4 ¼ cups
Sugars, brown, packed	½ cup
Cinnamon, ground	3 Tbsp
Pineapple, canned, juice packed, drained	10 ½ lb
Strawberries, raw	5 lb
Kiwi, fresh	3 lb

\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.

### Instructions:

1. In a saucepan over medium-high heat, bring water, sugar, and cinnamon to a boil. Stir occasionally until sugar dissolves and liquid reduces to ¼ cup, about 3 minutes.
2. Remove from heat, let cool to room temperature.
3. Wash and cut strawberries and kiwi into 2-inch chunks. Drain the pineapple.
4. In a large bowl, combine fruit with cinnamon sauce and stir well.
5. Hold for cold service at 41°F or lower.

**Nutritional Analysis:**

Nutrients	Nutrients Per Serving
Calories	98.29 kcal
Total Fat	0.39 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.72 mg
Total Carbohydrate	24.94 g
Dietary Fiber	3.22 g
Total Sugars	20.48 g
Protein	1.12 g

**Meal Component Information:**

Meal Components	Amount
Fruit	0.5 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*