Tropical Fruit Salad

Recipe E-31

Ingredients	50 Servings		100 Servings		For 25	Directions
	Weight	Measure	Weight	Measure	Servings	Directions
Peaches, canned, packed in juice, diced 🗖		1 #10 can		2 #10 cans	½ of a #10 can	 Drain peaches. Prepare ingredients as listed. In a large bowl combine all
Strawberries, fresh, hulled and halved or frozen, IQF or block frozen	4 lb		8 lb		2 lb	ingredients. 4. Toss well to mix evenly and chill.
Kiwis, peeled and sliced 🗖		10		20	5	Serve ½ cup (4 ounces).
100% pineapple juice, unsweetened =		1 48 fl oz can		2 48 fl oz cans	3 cups	
Mint, dried	2 oz		4 oz		3 Tb	

USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

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Tropical Fruit Salad Nutrients Per Serving

California Strawberry Commission

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	NOTES
Calories 60	
Percent Calories from Fat 0%	
Total Fat 0 g	
Saturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 0 mg	
Total Carbohydrates 16 g	
Dietary Fiber 2 g	
Sugars 12 g	
Protein 1 g	
Vitamin A (400 IU) 8%	
Vitamin C (42 mg) 70%	- <u></u>
Calcium 4%	
Iron 8%	
Approximate preparation time	
30 minutes	
Child Nutrition Program Food Components	
Each portion provides:	
■ ½ cup fruit	
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Family-size recipe can be found in the appendix.	
Original Recipe Source	
Produce for Better Health Foundation and the	

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