



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Tropical Fruit Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Peaches, canned, packed in juice, diced		1- #10 can		2- #10 cans
Strawberries Fresh, stemmed and halved or Frozen, IQF or Block Frozen	4 lb		8 lb	
Kiwi, peeled and sliced		10 each		20 each
100% pineapple juice, unsweetened		1- 48 oz can		2- 48 oz cans
Mint, dried	2 oz			4 oz

Directions

1. Drain peaches.
2. Prepare ingredients as listed.
3. In a large bowl combine all ingredients.
4. Toss well to mix evenly and chill.
5. Serve 1/2 cup (4 ounces).

Notes

Serving Tips:

May also load onto skewers for fresh fruit kebabs. Note: frozen fruit not recommended on skewers

Additional Tips:

You can find the recipe for 25 servings and family sized servings [here](#) .

My Notes

Source: NH Obesity Prevention Program, DHHS, DPHS

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	N/A
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available