

Fruit Cup 2

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Canned grapefruit sections	2 lbs 13 oz	
Canned sliced peaches	2 lbs 8 oz	
Canned pineapple chunks	1 lb 12 oz	
Frozen cherries, thawed	2 lbs 3 oz	
Fresh oranges, peeled and chunked		9 each
Bananas, peeled and sliced		5 each
Reserved liquid		1 qt 2/3 cup

Nutrition Information

Nutrients	Amount
Calories	76
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	2 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	18 mg
Iron	0 mg
Potassium	N/A
N/A - data is not available	

Directions

1. Drain canned fruit before combining, reserving juices.
2. Place in bowl.
3. Add oranges and bananas.
4. Pour juice over all.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40 degrees F.

Source: Food Distribution Commodity Exchange