



A Nutrition Resource

FRUIT SALAD

Yield: 6 Servings | Serving Size: 1 cup

Cost/Serving: \$0.57

Ingredients:

- 1 (8-ounce) can fruit cocktail packed in juice, drained
- 1 (8-ounce) can pineapple tidbits packed in juice, drained
- 1 apple, chopped
- 1 banana, sliced
- 1/2 cup (4-ounces) vanilla yogurt
- Pinch of cinnamon or nutmeg

Directions:

- 1) Wash the apple.
- 2) Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 3) Drain the juice from the cans of fruit cocktail and pineapple into a medium bowl. Toss the chopped apple and sliced banana in the fruit juice to prevent browning, then remove from the juice. *
- 4) In a larger bowl, mix fruit cocktail, pineapple, apple, and banana.
- 5) In a small bowl, mix the yogurt and cinnamon or nutmeg.
- 6) Serve fruit salad in small bowl or cups. Top each serving with a spoonful of the yogurt mixture.
- 7) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*When you drain the canned fruit, save the juice to drink or to add to a smoothie.

Be creative! Substitute any canned or fresh fruit (wash first).

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Nutrition Facts

usually 6 servings per container

Serving size 1/2 Cup (152g)

Amount Per Serving

Calories 90

% Daily Values*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 10g Added Sugars	20%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0mg	0%
Potassium 236mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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