Recipe: 001389 DELUXE FRUIT SALAD

Alternate Recipe Name: 
Number of Portions: 85
Size of Portion: 1/2 CUP

903473 WHIPPED TOPPING- MIX........................................... 1 PACKAGE
009099 FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS... 1 CAN (DRAINED)
900096 PINEAPPLE TIDBITS.................................................. 1 CAN (DRAINED)
903551 MANDARIN ORANGE, FESTIVAL, CAN....................... 1 #10 CAN (DRAINED)
009040 BANANAS,RAW.......................................................... 6 CUP, sliced
009003 APPLES,RAW,WITH SKIN........................................... 6 CUP, qtr or chopped

POUR DRAINED FRUIT IN LARGE MIXER. SLICE BANANAS AND DICED APPLES AND ADD TO DRAINED FRUIT. POUR IN WHIPPED TOPPING AND MIX ON LOW TILL MIXED WELL. CHILL WELL IN THE FRIDGE AND SERVE.

approximately:
bananas 10-12
apples 8-10

*Nutrients are based upon 1 Portion Size (1/2 CUP)

<table>
<thead>
<tr>
<th>Calories</th>
<th>kcal</th>
<th>Cholesterol</th>
<th>mg</th>
<th>Sugars</th>
<th>g</th>
<th>Calcium</th>
<th>mg</th>
<th>18.74%</th>
<th>Calories from Total Fat</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1.97</td>
<td>g</td>
<td></td>
<td>6.68</td>
<td>mg</td>
<td>0.41</td>
<td>g</td>
<td>0.29</td>
<td>18.27%</td>
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<tr>
<td>Saturated Fat</td>
<td>1.92</td>
<td>g</td>
<td>Carbohydrates</td>
<td>20.22</td>
<td>g</td>
<td>Vitamin A</td>
<td><em>68.95</em></td>
<td>IU</td>
<td>Water¹</td>
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<tr>
<td>Trans Fat²</td>
<td>0.00</td>
<td>g</td>
<td>Dietary Fiber</td>
<td>0.90</td>
<td>g</td>
<td>Vitamin C</td>
<td>10.84</td>
<td>mg</td>
<td>Ash¹</td>
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*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous

<table>
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<tr>
<th>Meat/Alt.</th>
<th>oz</th>
<th>Grain</th>
<th>oz</th>
<th>Fruit</th>
<th>0.500 cup</th>
<th>Vegetable</th>
<th>cup</th>
<th>Milk</th>
<th>cup</th>
<th>Moisture &amp; Fat Change</th>
<th>0%</th>
<th>Fat Change</th>
<th>0%</th>
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</thead>
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Production Specification

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
### Recipe

<table>
<thead>
<tr>
<th>I/R</th>
<th>Ing #</th>
<th>Ingredient or Sub-Recipe</th>
<th>Measure</th>
<th>Measure</th>
<th>Round</th>
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<tbody>
<tr>
<td>I</td>
<td>903473</td>
<td>WHIPPED TOPPING, MIX</td>
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<tr>
<td>I</td>
<td>009099</td>
<td>FRUIT COCKTAIL,CND,LT SYRUP,SOL&amp;LIQUI</td>
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<tr>
<td>I</td>
<td>900096</td>
<td>PINEAPPLE TIDBITS</td>
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<tr>
<td>I</td>
<td>903551</td>
<td>MANDARIN ORANGE, FESTIVAL, CAN</td>
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<tr>
<td>I</td>
<td>009040</td>
<td>BANANAS, RAW</td>
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<tr>
<td>I</td>
<td>009003</td>
<td>APPLES, RAW WITH SKIN</td>
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INGREDIENTS

WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CONTAINS LESS THAN 2% OF THE FOLLOWING: *SODIUM CASEINATE (A MILK DERIVATIVE), DEXTROSE, ARTIFICIAL FLAVOR, POLYSORBATE 60, SORBITAN MONOSTEARATE, GUAR GUM, XANTHAN GUM, COLORED WITH TURMERIC AND ANNATIVE EXTRACTS. *NOT A SOURCE OF LACTOSE

NUTRITION FACTS

Nutrition Facts
56 Servings Per Container
Serving Size 2 tbsp (8 g)

Amount Per Serving  
CALORIES  25  
% Daily Value*  
Total Fat 2g  2%  
Saturated Fat 2g  10%  
Trans Fat 0g  
Cholesterol 0mg  0%  
Sodium 0mg  0%  
Total Carbohydrate 2g  1%  
Dietary Fiber 0g  0%  
Total Sugars 2g  
Includes 2g Added Sugars  4%  
Protein 0g  0%  
Vitamin D 0mcg  0%  
Calcium 0mg  0%  
Iron 0mg  0%  
Potassium 0mg  0%  
Thiamin 0%  

* 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.