

Washington County School District

Recipe: 001389 DELUXE FRUIT SALAD

Recipe Source:
Recipe Group: FRUIT

Recipe HACCP Process: #2 Same Day Service

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

903473 WHIPPED TOPPING- MIX..... 009099 FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS... 900096 PINEAPPLE TIDBITS..... 903551 MANDARIN ORANGE, FESTIVAL, CAN..... 009040 BANANAS,RAW..... 009003 APPLES,RAW,WITH SKIN.....	1 PACKAGE 1 CAN (DRAINED) 1 CAN (DRAINED) 1 #10 CAN (DRAINED) 6 CUP, sliced 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
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	95 kcal	Cholesterol	0.00 mg	Sugars	*13.23* g	Calcium	2.44 mg	18.74%	Calories from Total Fat
Total Fat	1.97 g	Sodium	6.68 mg	Protein	0.41 g	Iron	0.29 mg	18.27%	Calories from Saturated Fat
Saturated Fat	1.92 g	Carbohydrates	20.22 g	Vitamin A	*68.95* IU	Water ¹	*34.90* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.90 g	Vitamin C	10.84 mg	Ash ¹	*0.16* g	85.37%	Calories from Carbohydrates
								1.74%	Calories from Protein

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.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... 0.500 cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

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.

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903473	WHIPPED TOPPING- MIX			
I	009099	FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUI			
I	900096	PINEAPPLE TIDBITS			
I	903551	MANDARIN ORANGE, FESTIVAL, CAN			
I	009040	BANANAS,RAW			
I	009003	APPLES,RAW,WITH SKIN			

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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 ANNATTO 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 nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	