

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 005 00

FLUFFY FRUIT CUP

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
82 cal	20 g	1 g	0 g	0 mg	5 mg	20 mg

Ingredient

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED
 CHERRIES,MARASCHINO,WHOLE
 ORANGE,FRESH,SECTIONS
 GRAPES,FRESH,CUT IN HALVES
 BANANA,FRESH,SLICED
 MARSHMALLOWS,MINIATURE
 WATER,COLD
 WHIPPED TOPPING MIX,NONDAIRY,DRY
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 EXTRACT,VANILLA

Weight

7-7/8 lbs
 1-2/3 lbs
 4 lbs
 2-7/8 lbs
 4-1/3 lbs
 1 lbs
 1 lbs
 1-3/8 oz
 7/8 oz
 1/2 oz
 1/2 oz

Measure

1 gal 1/2 qts
 3 cup
 2 qts 2-1/8 cup
 2 qts 1/8 cup
 3 qts 1-1/8 cup
 2 qts 1 cup
 2 cup
 2 cup
 1/4 cup 2-1/3 tbsp
 1 tbsp
 1 tbsp

Issue

5-1/2 lbs
 3 lbs
 6-2/3 lbs

Method

- 1 Drain pineapple. Drain cherries; cut into halves.
- 2 Combine pineapple, cherries, oranges, grapes, bananas and marshmallows; mix well. Set aside for use in Step 4.
- 3 Pour cold water into mixer bowl; add topping, milk, sugar and vanilla. Whip at low speed for 3 minutes or until thoroughly blended.
- 4 Fold mixed fruit into whipped topping. Mix carefully until thoroughly blended.
- 5 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.