

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 073 00**

**KIWI FRUIT SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
106 cal	25 g	2 g	1 g	1 mg	22 mg	79 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YOGURT,PLAIN,LOWFAT	5-3/8 lbs	2 qts 2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
NUTMEG,GROUND	1/4 oz	3/8 tsp	
GINGER,GROUND	1/8 oz	3/8 tsp	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	7-1/4 lbs	1 gal 2-5/8 qts	8-1/2 lbs
KIWIFRUIT,FRESH,CHOPPED	7-1/4 lbs	1 gal 5/8 qts	8-3/8 lbs
ORANGE,FRESH,SLICED	3-7/8 lbs	2 qts 1-3/4 cup	5-1/3 lbs
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	4 lbs	2 qts 1 cup	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine yogurt, sugar, lime juice, nutmeg, and ginger in mixer bowl. Blend at medium speed until smooth, about 2 minutes.
- 2 Combine apples, kiwi fruit, oranges, and pineapple. Mix lightly.
- 3 Place 1 lettuce leaf on each serving dish. Place 1/2 cup fruit mixture on lettuce. CCP: Cover; refrigerate product at 41 F. or lower.
- 4 Serve each portion with 1 ounce of dressing.