

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 01

AMBROSIA

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
85 cal	18 g	1 g	2 g	0 mg	15 mg	16 mg

Ingredient

PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS
 PEARS,CANNED,JUICE PACK,SLICES,INCL LIQUID
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS
 ORANGE,FRESH,CHOPPED
 APPLES,FRESH,MEDIUM,UNPEELED,DICED
 COCONUT,PREPARED,SWEETENED FLAKES

Weight

6-1/2 lbs
 6-1/2 lbs
 6-5/8 lbs
 3-1/8 lbs
 3-1/3 lbs
 1 lbs

Measure

3 qts
 3 qts
 3 qts
 1 qts 3-7/8 cup
 3 qts 1/8 cup
 1 qts 1 cup

Issue

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

Method

- 1 Drain peaches and pears. Reserve juices. Cut fruit into 3/4-inch pieces.
- 2 Combine pineapple, peaches, pears, oranges, apples and sweetened coconut flakes and juices from all fruit. Mix thoroughly.
- 3 Cover. CCP: Hold for service at 41 F. or lower.