

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 05

FRUIT COCKTAIL FRUIT CUP

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 58 cal | 15 g | 1 g | 0 g | 0 mg | 4 mg | 14 mg |

Ingredient

ORANGE,FRESH,CHOPPED
 FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS
 APPLES,FRESH,MEDIUM,UNPEELED,DICED

Weight

3-1/8 lbs
 20-1/4 lbs
 3-1/3 lbs

Measure

1 qts 3-7/8 cup
 2 gal 1-2/3 qts
 3 qts 1/8 cup

Issue

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

Method

- 1 Quickly combine apples and oranges with canned fruit cocktail to prevent discoloration; mix thoroughly.
- 2 Cover; CCP: Hold for service at 41 F. or lower.