

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 06

SPICED FRUIT CUP

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 58 cal | 15 g | 0 g | 0 g | 0 mg | 3 mg | 18 mg |

Ingredient

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,BROWN,PACKED
 APPLES,FRESH,MEDIUM,UNPEELED,DICED
 ORANGE,FRESH,SECTIONS,PEELED,DICED

Weight

12-1/2 lbs
 1/8 oz
 1/8 oz
 8-1/2 oz
 4 lbs
 5-1/4 lbs

Measure

1 gal 2 qts
 1/8 tsp
 1/3 tsp
 1-5/8 cup
 3 qts 2-1/2 cup
 3 qts 1-3/8 cup

Issue

4-3/4 lbs
 18-1/3 each

Method

- 1 Drain fruit cocktail and reserve juice for Step 2. Combine drained juice with ground cinnamon, ground nutmeg, and packed brown sugar. Bring to a boil; reduce heat; simmer 5 minutes. Chill.
- 2 Combine fruit cocktail, apples and oranges. Pour chilled syrup over fruits; mix lightly.
- 3 Cover; CCP: Hold for service at 41 F. or lower.