

SALADS, SALAD DRESSINGS, AND RELISHES No.M 056 00
QUICK FRUIT DRESSING

Yield 100

Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
16 cal	3 g	1 g	0 g	1 mg	8 mg	21 mg

Ingredient

YOGURT,PLAIN,LOWFAT
 SUGAR,GRANULATED
 JUICE,PINEAPPLE,CANNED,UNSWEETENED

Weight

2-3/8 lbs
 4-3/8 oz
 1-5/8 lbs

Measure

1 qts 1/2 cup
 1/2 cup 2 tbsp
 2-7/8 cup

Issue

Method

- 1 Blend sugar into yogurt in mixer bowl at low speed.
- 2 Gradually add pineapple juice. Mix at low speed until just blended.
- 3 Cover and refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 4 Stir well before using.