



A Nutrition Resource

EASY FRUIT SALAD

Yield: 4 Servings | Serving Size: 1 cup

Cost/Serving: \$0.74

Ingredients:

- 2 apples, cut into chunks
- 1 (8-ounce) can pineapple chunks and juice
- 2 bananas, sliced
- 1/2 cup grapes, cut in half (optional)

Directions:

- 1) In a large bowl combine apple, pineapple, and juice.
- 2) Add bananas and grapes. Stir well. Serve immediately.

Tips: Use a variety of seasonal fruits instead of canned.

If using canned fruit, look for those canned in water or 100% juice.

Any salad with sliced banana needs an acidic juice like that of pineapple or oranges to prevent browning.



Nutrition Facts

4 servings per container
Serving size 1 cup (207g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 381mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider.

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