



825177 - Fruit Explosion

Source: Farm to School

Number of Portions: 75

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit: 0.5 cup

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Fruits

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
825963 Pineapple Tidbits, Juice Packed Dole.....	1 can, #10, drained	CCP: No bare hand contact with ready to eat food. Open can of pineapple tidbits and drain well using colander or a perforated pan set inside a solid pan. Reserve juice for use in other recipes. Place 1 can drained pineapple into a 4 inch deep full size steamtable pan.
051477 Peaches, Diced, Extra Light Syrup, Canne.....	1 can, #10	Open canned peaches and place one #10 can into pan with pineapple tidbits. (Note: Do NOT drain peaches.)
051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN...	3 lbs + 8 ozs	CCP: No bare hand contact with ready to eat food. Rinse apples under running water and drain in a colander. Cut apples in half using a chef's knife. Cut halves into quarters. Carefully remove the core by cutting on the diagonal. Cut each wedge into 3 or 4 large dices. Notes: • To prevent browning after cutting each apple, immediately place in the pan with the canned fruit. • Any crisp Farm to School apple variety may be used as a substitute for Red Delicious in this recipe.
009050 BLUEBERRIES,RAW.....	2 PINT	Rinse blueberries under running water and drain in a colander. Add 2 pints to each pan of fruit by gently folding in berries to prevent bursting. (Note: one pint of blueberries will weigh about 12 ounces.)
		For quality, hold and serve at 41 degrees F or below. Serve 1/2 cup using 4 ounce spoon.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	47 kcal	Cholesterol	0 mg	Sugars	*4.9* g	Calcium	1.75 mg	1.20%	Calories from Total Fat
Total Fat	0.06 g	Sodium	4 mg	Protein	0.11 g	Iron	0.12 mg	0.17%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	11.52 g	Vitamin A	118.7 IU	Water ¹	*23.36* g	0.00%	Calories from Trans Fat

Trans Fat ²	0.00 g	Dietary Fiber	1.22 g	Vitamin C	5.1 mg	Ash ¹	*0.08* g	98.82% Calories from Carbohydrates
								0.97% Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>								

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							