

Cooking for Kids

Recipe Sizing Report

000523 - Pineapple Fruit Salad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: 0.5 cup Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
009266 PINEAPPLE,RAW,ALL VAR.....	8 1/4 cups	1. Wash all fruit. 2. Peel and dice pineapple and place into a large bowl. 3. Dice strawberries and place in bowl with pineapple. 4. Add grapes to fruit bowl and mix gently.
009316 STRAWBERRIES,RAW.....	6 3/4 cups	
009132 GRAPES,RED OR GRN (EURO TYPE,SUCH AS THO....	5 5/8 cups	
019296 HONEY.....	1/2 cup	5. Add honey to fruit and mix very gently. Place in cooler for 30 minutes before serving.

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

Calories	84 kcal	Cholesterol	0 mg	Sugars	18.2 g	Calcium	17.42 mg	2.58%	Calories from Total Fat
Total Fat	0.24 g	Sodium	2 mg	Protein	0.83 g	Iron	0.48 mg	0.31%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	22.02 g	Vitamin A	58.9 IU	Water ¹	112.50 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.90 g	Vitamin C	51.1 mg	Ash ¹	0.46 g	104.41%	Calories from Carbohydrates
								3.95%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.