

Pineapple Fruit Salad - NSLP



General Information

Recipe #	Category	Source
1752756	Fruit	Local
Copied From		
Pineapple Fruit Salad -		
CACFP		

Ingredients

Name	Quantity	+	Quantity
			2
Pineapple, raw, all varieties	8 lbs.		
Strawberries, raw	2 lbs., 8 oz.		
Grapes, red or green (European type, such as Thompson seedless), raw	2 lbs., 4 oz.		
Honey	1 c.		

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all fruit.
2. Peel and cube pineapple and place into a large bowl.
3. Quarter strawberries and half grapes and place in bowl with pineapple. Mix gently.
4. Add honey to fruit and mix very gently. Place in cooler for 30 minutes before serving.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. *

Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.



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Serving Size	Yield
0.5 Cup	50.00

Nutrition Facts

Serving Size 0.5 Cup (122 gm)

Amount Per Serving		
Calories		78.240
% Daily Value*		
Total Fat	0.188gm	0.289%
Saturated Fat	0.021gm	0.105%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	1.632 mg	0.068%
Total Carbohydrate	20.545 gm	6.848%
Dietary Fiber	1.667 gm	6.668%
Total Sugars	16.985 gm	
Includes N/A* gm of Added Sugars		
Protein	0.711 gm	1.422%
Vitamin A, RAE N/A* mcg		
Vitamin C	48.713 mg	81.189%
Vitamin D	0.000 mcg	
Calcium	15.511 mg	1.551%
Iron	0.405 mg	2.252%
Potassium	156.318 mg	3.326%
Saturated Fat % of Calories		0.241 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

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

Meal Components

Dates

Last Updated	Created
02-20-2025	02-20-2025

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