

Honey Lime Fruit Salad - CACFP

General Information

Recipe #	Category	Source
1755819	Fruit 	Local

Ingredients

Name	Quantity	+ Quantity 2
Pineapple, raw, all varieties	15 ½ oz.	
Strawberries, raw	5 oz.	
Grapes, american type (slip skin), raw	4 ½ oz.	
Honey	1 tbsp.	
Lime juice, raw	1 ½ tsp.	

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all fruit.
2. Peel and dice pineapple and place into a large bowl.
3. Dice strawberries and place in bowl with pineapple. Add grapes and gently stir the mixture.
4. Add honey and lime juice and let set 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.



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Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (120 gm)

Amount Per Serving		
Calories		67.829
		% Daily Value*
Total Fat	0.227 gm	0.35%
Saturated Fat	0.033 gm	0.166%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	1.521 mg	0.063%
Total Carbohydrate	17.659 gm	5.886%
Dietary Fiber	1.665 gm	6.66%
Total Sugars	14.379 gm	
Includes 2.784 gm of Added Sugars		
Protein	0.688 gm	1.375%
Vitamin A	3.449 mcg RAE	0.383%
Vitamin C	49.223 mg	82.038%
Vitamin D	0.000 mcg	
Calcium	16.294 mg	1.629%
Iron	0.378 mg	2.1%
Potassium	155.971 mg	3.319%
Saturated Fat % of Calories		0.442 %
Added Sugar % of Calories		16.417 %

* 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

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Fruits	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
03-03-2026	02-26-2025

Edit Recipe