

## Fruit Cup 1

*Yield - Portion Size - 3 oz., with juice*  
*Portion Count – 50*  
*Yield - approx. 1 gal. + 3 cups*



### Ingredients

2 lbs. 13 oz. canned grapefruit sections  
2 lbs. 15 oz. canned sliced peaches  
2 lbs. 5 oz. **frozen cherries**, thawed  
9 ea. fresh oranges, peeled and chunked  
2 ea. fresh eating apples, 125's, peeled, cored and diced  
1 qt. + 2/3 cup reserved liquid

### How to Prepare

1. Drain canned fruit before combining, reserving juices.
2. Place in bowl.
3. Add oranges and apples.
4. Pour juice over all.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40° F.

**Yield - approx. 1 gal. + 3 cups.**

----- **Nutrition Information Per Serving:** -----

Calories = 66  
Protein = 0 g  
Carbohydrate = 16 g  
Fat = 0 g

Saturated Fat = 0 g  
Cholesterol = 0 mg  
Sodium = 10 mg  
Vitamin A = 18 RE

Vitamin C = 18 mg  
Calcium = 15 mg  
Iron = 0.2 mg  
Dietary Fiber = 1 g

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Recipe provided by the Pennsylvania State University. (Note: This recipe has not been standardized or tested by USDA). For additional information, including recipes, visit the [Cherry Marketing Institute](#) web site.

Recipe Category: Desserts.  
Key USDA Commodity: Cherries, Canned & Frozen.  
Food Group: Fruits and Vegetables.  
Fact Sheet Database: **Facts About USDA Commodities for Schools ...** For more information visit our web site at <http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm>.  
E-mail Comments to: The FDD Program Support Team at: [fdd-pst@fns.usda.gov](mailto:fdd-pst@fns.usda.gov).

**Last Updated:** 10/26/00

**URL:** <http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/RECIPES/recipes.htm>