

# Fruit Cup 1



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

## **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.

## **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

Recipe provided by the Pennsylvania State University. For more cherry recipes, visit the Cherry Market Institute website ([www.cherrymkt.org](http://www.cherrymkt.org)). Also, this recipe has not been standardized or tested by USDA.

Recipe Category:  
Key USDA Commodity:  
Food Group:  
Fact Sheet Database:  
E-mail Comments to:

Desserts  
Cherries, Canned & Frozen  
Fruits and Vegetables  
FD website: [www.fns.usda.gov/fdd/facts/schfacts/cats.htm](http://www.fns.usda.gov/fdd/facts/schfacts/cats.htm)  
USDA/Food Distribution Division: [psb@fns.usda.gov](mailto:psb@fns.usda.gov)