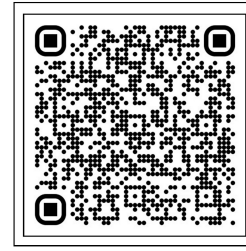




Cornell University
Cooperative Extension
New York City



Fast Fruit Salad

Ingredients:

- 2 apples
- 2 bananas
- 2 oranges
- 1 small can of pineapple chunks

Directions:

1. Wash apples, remove cores, and chop them into pieces.
2. Peel and slice bananas.
3. Peel and chop oranges into pieces.
4. Mix all fruits in a large bowl.

Variations:

Try different combinations of fresh or canned fruit. Omit pineapple, and mix fruit with 1/2 cup of frozen lemonade concentrate.

Yields about 6-8 servings (1/2 cup each)

Nutrition Facts

servings per container

Serving size 1/2 cup (164g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 18g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 0mg **0%**

Potassium 299mg **6%**

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

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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