



A Nutrition Resource

# FRUIT SALAD

**Yield: 6 Servings | Serving Size: 1 cup**  
**Cost/Serving: \$0.45**

## Ingredients:

- 1 (8-ounce) can fruit cocktail packed in juice, drained
- 1 (8-ounce) can pineapple tidbits packed in juice, drained
- 1 apple, chopped
- 1 banana, sliced
- 1/2 cup (4-ounces) vanilla yogurt
- Pinch of cinnamon or nutmeg

## Directions:

- 1) Wash the apple.
- 2) Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 3) Drain the juice from the cans of fruit cocktail and pineapple into a medium bowl. Toss the chopped apple and sliced banana in the fruit juice to prevent browning, then remove from the juice. \*
- 4) In a larger bowl, mix fruit cocktail, pineapple, apple, and banana.
- 5) In a small bowl, mix the yogurt and cinnamon or nutmeg.
- 6) Serve fruit salad in small bowl or cups. Top each serving with a spoonful of the yogurt mixture.
- 7) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\*When you drain the canned fruit, save the juice to drink or to add to a smoothie.

## Nutrition Facts

usually 6 servings per container

**Serving size** 1/2 Cup (152g)

**Amount Per Serving**  
**Calories** 90

% Daily Values\*

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 46mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 236mg	<b>6%</b>

\*The % Daily Value (DV) 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.



**Be creative!** Substitute any canned or fresh fruit (wash first).

*This recipe and photo are used with the permission of Colorado state University Extension's Eating Smart Being Active program.*

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