



Tropical Fruit Salad

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Latin American Cuisine Recipe (adapted from: Goya)

Ingredients:

Ingredient Name	Measurements
Water	1 qts + 2 2/3 Tbsp
Sugar, brown, packed	½ cup + 1 tsp
Cinnamon, ground	2 2/3 Tbsp + 1/3 tsp
Pineapple, canned, juice packed, drained or fresh, cubed	10 lbs + 7 oz
Strawberries, raw	5 lb + 3 1/3 oz
Kiwi, fresh	3 lb + 2 oz

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. In a saucepan over medium-high heat, bring water, sugar, and cinnamon to a boil. Stir occasionally until sugar dissolves and liquid reduces to 1/4 cup, about 3 minutes.
2. Remove from heat, let cool to room temperature.
3. Wash and cut strawberries and kiwi into 2-inch chunks. Drain the pineapple.
4. In a large bowl, combine fruit with cinnamon sauce and stir well.
5. Hold for cold service at 41°F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	98.29 kcal
Total Fat	0.39 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.72 mg
Total Carbohydrate	24.94 g
Dietary Fiber	3.22 g
Total Sugars	20.48 g
Protein	1.12 g

Meal Component Information:

Meal Components	Amount
Fruit	0.5 cup