

Mixed Fruit Salad

Prep time: 10 minutes

Makes: 6 Servings

Ingredients

1 can mandarin oranges, drained

1 can fruit cocktail, drained

1 can pineapple chunks, drained

2 apples (chopped)

1 banana (sliced)

Directions

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.

Source: Colorado State University and University of California at L

Nutrition Information

Nutrients	Amount
Calories	152
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	9 mg
Total Carbohydrate	40 g
Dietary Fiber	4 g
Total Sugars	34 g
Added Sugars included	6 g
Protein	1 g
Vitamin D	0 IU
Calcium	27 mg
Iron	1 mg
Potassium	354 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 1/2 cups