

Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt 1/2 cup	2 lb 2 oz	2 qt 1 cup	1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		1/4 cup	
Canned mixed fruit, drained	1 lb 10 oz	1 qt 1/2 cup	3 lb 4 oz	2 qt 1 cup	2. Combine apples, mixed fruit, celery (optional), raisins (optional), mayonnaise or salad dressing, and nutmeg (optional). Mix lightly to combine.
*Fresh celery, chopped (optional)	4 oz	3/4 cup 2 Tbsp	7 1/2 oz	1 3/4 cups	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	3. Cover. Refrigerate until ready to serve.
Mayonnaise or salad dressing		1/4 cup 2 Tbsp	6 oz	3/4 cup	
Ground nutmeg (optional)		1/4 tsp		1/2 tsp	
Chopped walnuts	4 1/4 oz	1 cup	8 1/2 oz	2 cups	4. Add nuts before service. Toss lightly. For best results, use same day.
					5. Portion with No. 16 scoop (1/4 cup).
*See Marketing Guide					

Marketing Guide

Food as Purchased

For 25 Svgs

For 50 Svgs

Apples

1 lb 3 oz

2 lb 5 1/2 oz

Celery

5 oz

9 1/4 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of fruit	25 Servings: 1 qt 3 cups (approximately)	25 Servings:
	50 Servings: 3 qt 2 cups (approximately)	50 Servings:

Special Tip:

Red apples make a very attractive salad.

Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-14

Nutrients Per Serving

Calories	84	Saturated Fat	.7 g	Iron	.3 mg
Protein	1 g	Cholesterol	2 mg	Calcium	9 mg
Carbohydrate	8 g	Vitamin A	14 RE/120 IU	Sodium	22 mg
Total Fat	5.8 g	Vitamin C	2 mg	Dietary Fiber	1 g