

Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, chilled, diced	2 lb 2 oz	2 qt 1 cup	4 lb 4 oz	1 gal 2 cups	1. Sprinkle apples with lemon juice to prevent discoloration.
Frozen lemon juice concentrate, reconstituted		¼ cup		½ cup	
Canned mixed fruit, chilled, drained	3 lb 4 oz	1 qt 3 cups (¾ No. 10 can)	6 lb 8 oz	3 qt 2 cups (1 ½ No. 10 cans)	2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 6 lb 14 oz (approximately 1 gal) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
*Fresh celery, chilled, chopped (optional)	7 ½ oz	1 ¾ cups 2 Tbsp	15 oz	3 ¾ cups	
Raisins (optional)	10 oz	2 cups	1 lb 4 oz	1 qt	
Reduced calorie salad dressing OR Lowfat mayonnaise	6 oz OR 6 oz	¾ cup OR ¾ cup	12 oz OR 12 oz	1 ½ cups OR 1 ½ cups	
Ground nutmeg (optional)		½ tsp		1 tsp	
					3. CCP: Cool to 41° F or lower within 4 hours.
					Cover. Refrigerate until service.
Chopped walnuts	8 ½ oz	2 cups	1 lb 1 oz	1 qt	4. Add nuts before service. Toss lightly. For best results, use same day.
					5. Portion with No. 12 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Apples	2 lb 6 oz	4 lb 12 oz
Celery	9 oz	1 lb 2 oz

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SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1/4 cup of fruit.	50 Servings: about 6 lb 14 oz	50 Servings: about 1 gallon 1 pan
	100 Servings: about 13 lb 12 oz	100 Servings: about 2 gallons 2 pans

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Nutrients Per Serving					
Calories	70	Saturated Fat	0.42 g	Iron	0.29 mg
Protein	0.94 g	Cholesterol	1 mg	Calcium	9 mg
Carbohydrate	9.08 g	Vitamin A	109 IU	Sodium	32 mg
Total Fat	3.9 g	Vitamin C	2.1 mg	Dietary Fiber	1.3 g