

# 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	6 oz	¾ cup	12 oz	1 ½ cups	
OR Lowfat mayonnaise	OR 6 oz	OR ¾ cup	OR 12 oz	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 Servings
Apples	2 lb 6 oz	4 lb 12 oz
Celery	9 oz	1 lb 2 oz

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**SERVING:**

1/3 cup (No. 12 scoop) provides 1/4 cup of fruit.

**YIELD:**

**50 Servings:** about 6 lb 14 oz

**100 Servings:** about 13 lb 12 oz

Edited 2004

**VOLUME:**

**50 Servings:** about 1 gallon  
1 pan

**100 Servings:** about 2 gallons  
2 pans

**Nutrients Per Serving**

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