

Fruit Salad with Light Whipped Topping

Ingredients:

16 ounces fruit cocktail
 in juice
 20 ounces pineapple chunks
 in juice
 8 ounces fat-free yogurt, plain
 8 ounces lite whipped topping

Equipment:

Mixing bowl
 Mixing spoon
 Can opener

 Number of Servings: 12
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Drain fruit cocktail and pineapple chunks.
2. Place fruit in bowl.
3. Stir in yogurt and whipped topping.
4. Mix well.
5. Refrigerate until ready to serve.

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Nutrition Facts

Serving Size: 1/2 cup

Servings: 12

Amount Per Serving

Calories 104 Calories from Fat 18

%Daily Value*

Total Fat 2g 4%

Saturated Fat trace 1g 0%

Cholesterol trace 1mg 0%

Sodium 31mg 1%

Potassium 161mg 5%

Total Carbohydrate 18g 6%

Dietary Fiber 1g 3%

Protein 1g 3%

Vitamin A 4% Vitamin C 9%

Iron 1% Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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