

Pineapple Orange Grape Salad

Ingredients:

8 ounces pineapple chunks in juice
 11 ounces mandarin oranges in light syrup
 20 each green grapes
 1/4 cup chopped pecans

Equipment:

Cutting board
 Knife
 Medium bowl
 Can opener

Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 1 hour & 10 minutes

Directions

1. Open pineapple and mandarin oranges and drain liquid. Add to mixing bowl.
2. Remove grapes from stems, and wash. Cut in half. Add to bowl.
3. Mix well. Sprinkle nuts on top, chill. Serve.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 92	Calories from Fat 27
%Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Potassium 121mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Protein 1g	2%
Vitamin A 9%	Vitamin C 23%
Iron ?	Calcium 1%

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.