

Canned Mixed Fruit

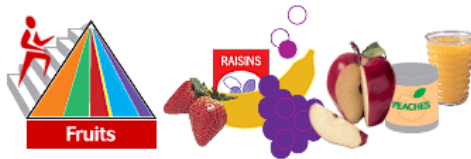
Canned mixed fruit contains diced peaches, pears and seedless grapes in light syrup that has been sweetened. Fruits are naturally sweet and are low in fat and calories making them a great dessert or snack choice!

Nutrition Information

Mixed fruit is part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid, $\frac{1}{2}$ cup of mixed fruit provides $\frac{1}{2}$ cup from the fruit group.

A typical person should try to eat 2 cups of fruit every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened mixed fruit in a tightly covered plastic container in the refrigerator.

Use within 3 to 5 days!

Do not use canned fruit if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Canned mixed fruit is great as a healthy dessert served straight from the can. Pour syrup off of canned fruit before eating, save the syrup for other sauce recipes.
- ✓ Layer mixed fruit with yogurt and top with crunchy cereal for a fruit parfait.
- ✓ Add mixed fruit to a gelatin dessert.





Recipes



Easy Fruit Cobbler

6 servings

1 (29 oz.) can mixed fruit, undrained	2 tsp. baking powder
1 c. flour	1/2 tsp. salt
1 c. sugar	2/3 c. low-fat milk

1. Preheat oven to 350°F. Grease a 8x8-inch baking dish. Set aside.
2. Pour fruit into prepared baking dish.
3. In a medium bowl, mix flour, sugar, baking powder, and salt.
4. Add milk to flour mixture, mix until all dry ingredients are moistened.
5. Pour flour mixture over fruit.
6. Bake for 50 minutes or until golden brown.
7. Serve warm.

Nutrition Information per Serving: Calories 280, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 350 mg (15% DV), Total Carbohydrate 70 g (23% DV), Dietary Fiber 3g (12% DV), Sugars 51 g, Protein 4 g, Vitamin A 10%, Vitamin C 6%, Calcium 10%, Iron 8%.



Fruit Salad

10 servings

1 (20 oz.) can peaches, drain and reserve juice	1 (15 oz.) can mixed fruit, drained and reserve juice
1 (15 oz.) can mandarin oranges, drain and reserve juice	1 (5.1 oz.) pkg. vanilla pudding
	1 banana, sliced

1. In a large bowl, drain all canned fruit juices.
2. Mix pudding into the fruit juices, stir until smooth.
3. Add canned fruit and mix until well coated.
4. Chill for an hour before serving.
5. Before serving slice one banana on top.

Nutrition Information per Serving: Calories 130, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0mg (0% DV), Sodium 210 mg (9% DV), Total Carbohydrate 35 g (12% DV), Dietary Fiber 2 g (8% DV), Sugars 28 g, Protein 1 g, Vitamin A 15%, Vitamin C 30%, Calcium 0%, Iron 2%.

Recipes provided from the University of Nebraska–Lincoln Extension, Nutrition Education Program

Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

Rev Jan 2007

This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP). The Food Stamp Program 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 local Food Stamp office or call 1-800-430-3244.