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Creamy Fruit Salad

Ingredients

1 (16-ounce) can fruit salad or fruit cocktail, drained

3 cups assorted fresh fruit, cut up

½ cup light sour cream

2 Tablespoons sugar

Makes 6 servings

Instructions

1. In medium bowl mix drained fruit and fresh fruit.
2. In another bowl thoroughly mix sour cream and sugar.
3. Then add to fruit and mix.

Note:

• Substituted second can of canned fruit (drained) in place of fresh fruit.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 160	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 30mg	**1%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 2g	**8%**
Sugars 30g	
Protein 2g	

Vitamin A 6%	• Vitamin C 50%
Calcium 4%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

11% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

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