



## September 11- Spicy Fruit Cup

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/spicy-fruit-cup>

### Recipe

*Ingredients:*

- 2 cups strawberries (fresh)
- 1 can mandarin orange sections (16 ounce)
- 1 can pear (16 ounce)
- 1 can pineapple chunks, in its own juice (16 ounce)
- 1 cup juice, orange
- ¼ teaspoon cinnamon (ground)
- ¼ teaspoon nutmeg (ground)

*Directions:*

1. Cut the strawberries in half.
2. Open the can of mandarin oranges. Drain off the syrup.
3. Open the can of pears. Drain off the juice. Slice the pears.
4. Open the can of pineapple, but don't drain off the juice.
5. Put the undrained pineapple, orange juice, cinnamon, and nutmeg in a mixing bowl. Stir together.
6. Carefully stir in the mandarin oranges, pears, and strawberries.
7. Refrigerate for 1 to 4 hours before serving.

Yield 8 servings

### Nutrition Facts

Serving Size 1/8 recipe (237.25g)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 3g      **10%**

Sugars 22g

**Protein** 1g      **2%**

Vitamin A 10%      •      Vitamin C 100%

Calcium 2%      •      Iron 4%

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