

Cornell Cooperative Extension | Schoharie and Otsego Counties

Schoharie County

173 South Grand St Cobleskill, NY 12043 518.234.4303 518.296.8310 Fax: 518.234.4305 schoharie@cornell.edu

Otsego County

123 Lake St Cooperstown, NY 13326 607.547.2536 Fax: 607.547.5180 otsego@cornell.edu

Oneonta Outreach

31 Maple St Oneonta, NY 13820 607.433.2521 Fax: 607.436.9682

cceschoharie-otsego.org

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 - 11% calories from fat

| Nutrition Facts | | | |
|---|-------|---|--|
| Serving Size 1 cup Servings Per Container 6 | | | |
| Amount Per Ser | rving | | |
| 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% | | | |
| | | | 8% |
| Sugars 30g | | | |
| Protein 2g | | | |
| Protein 2g | | | |
| Vitamin A 69 | 6 • ' | Vitamin (| 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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0 | | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g ein 4 |

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.



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.