



WESTERN WISCONSIN HEALTH

HAWAIIAN FRUIT SALAD WITH BANANA DRESSING (GLUTEN FREE)

- 1 pineapple, cut into 1" cubes
- 1 medium cantaloupe (use a melon baller or cut into 1" cubes)
- 1 medium honeydew melon (use a melon baller or cut into 1" cubes)
- 1 papaya, pared and cut into 1/4" slices
- 1 C. green grapes, cut in half lengthwise
- 1 C. strawberries, cut in half lengthwise

BANANA DRESSING:

- 2 ripe bananas, peeled, sliced
- 1 C. sour cream (light)
- 1/4 C. firmly packed brown sugar
- 1 1/2 tsp. lemon juice

Prepare banana dressing: Combine dressing ingredients in a blender and blend until smooth, 15 to 20 seconds. Refrigerate for 2 hours. Combine all cut fruits in a large bowl and toss together gently. Mound fruit on individual plates. Serve banana dressing in a gravy boat, or pour dressing over individual fruit salads.

NUTRITION FACTS: Serving size: 1 cup per serving, 12 servings

Nutrition Facts	
Serving Size (344g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 33g	
Protein 3g	
Vitamin A 45%	• Vitamin C 200%
Calcium 6%	• Iron 4%
*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	