

# Fruited Gelatin

|                      |                  |                       |                   |
|----------------------|------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 76.00            | <b>Category:</b>      | Fruit             |
| <b>Serving Size:</b> | 0.50 Cup         | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch            | <b>Recipe ID:</b>     | R-51249           |
| <b>School:</b>       | Prairie Crossing |                       |                   |

## Ingredients

| Description        | Measurement  | Prep Instructions   | DistPart # |
|--------------------|--------------|---|------------|
| PEAR DCD XL/S      | 4 #10 CAN    |   | 290203     |
| GELATIN MIX STRAWB | 2 Package    |   | 524581     |
| Water              | 1 1/2 Gallon | Use drained liquid from can plus water to make the 1.5 gallons. | Water      |

## Preparation Instructions

1. Drain the 4 cans of fruit and reserve the liquid to mix into the gelatin (need 1.5 gallons of liquid total).
2. Divide the drained fruit using a 4 ounce spoodle into 5 oz. styrofoam flat bowls or 5 oz. portion cups.
3. Bring fruit juice (and water, if needed to make 1.5 gallons) to a boil.
4. Add gelatin to boiling juice mix.
5. Put liquid gelatin in fruit cups to cover the fruit.
6. Add lids and chill before serving.
7. Label with fruited jell-o and date.
8. Hold in cold pass thru until served.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 135.98  |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 80.12mg |                  |        |
| <b>Carbohydrates</b> | 32.02g  |                  |        |
| <b>Fiber</b>         | 2.00g   |                  |        |
| <b>Sugar</b>         | 29.02g  |                  |        |
| <b>Protein</b>       | 0.94g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.94mg  | <b>Iron</b>      | 0.00mg |

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available