

Fruited Gelatin

NO IMAGE

Servings:	76.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51249
School:	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

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available