

Fruited Gelatin

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 juice from the cans of fruit into a microwave safe container. (This reserved liquid will be used to mix into the gelatin (need 1.5 gallons of liquid total).
2. Divide the drained fruit using a 4 ounce spoodle into portion cups.
3. Add water to drained fruit juice until the total is 1.5 gallons.
4. Heat the drained fruit juice/water in microwave until boiling.
5. CAREFULLY remove the fruit juice/water from microwave
6. Add gelatin to heated fruit juice/water mixture and stir until combined.
7. Pour/siphen liquid gelatin in fruit cups to cover the fruit.
8. Add lids and chill before serving.
7. Label/date with fruited jell-o
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
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		80.12mg	
Carbohydrates		32.02g	
Fiber		2.00g	
Sugar		29.02g	
Added Sugar		0.00g	
Protein		0.94g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available