

# Mixed Fruit Gelatin

<b>Servings:</b>	108.00	<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-58522
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Fruit, Extra Light Syrup, Canned	6 #10 CAN	USDA Brown Box Commodity	100212
Tap Water for Recipes	4 Quart	Follow gelatin directions for specific amounts of water.	000001WTR
GELATIN MIX ASST RED	1 1/2 Pound		500135

## Preparation Instructions

1. Drain canned mixed fruit, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water amount according to directions gelatin to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

### NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	96.33
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.35mg
<b>Carbohydrates</b>	24.40g
<b>Fiber</b>	1.44g
<b>Total Sugar</b>	20.09g
<b>Added Sugar</b>	7.16g
<b>Protein</b>	0.08g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.08mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	1529.11
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	180.24mg
<b>Carbohydrates</b>	387.32g
<b>Fiber</b>	22.81g
<b>Total Sugar</b>	318.89g
<b>Added Sugar</b>	113.60g
<b>Protein</b>	1.32g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.32mg	<b>Iron</b> 0.00mg