

# Cherry Gelatin Dessert<sup>K</sup>

## Nutrition Facts

Serving Size 1/2 Cup (14g) dry mix

Makes 1/2 cup prepared

Servings Per Container 35

Amount Per Serving

Calories 70

% Daily Value\*

Total Fat 6g 0%

Sodium 0mg 1%

Total Carbohydrate 17g 6%

Fiber 1g

Protein 1g

Vitamin C 25%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Corn Sugar, Gelatin, Aspartic Acid, Sodium Phosphate, Sodium Citrate, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Food Blue 1

## Artificial Flavor

Makes 35 - 1/2 cup servings

Directions:

1. Dissolve contents in 4 quarts (1 gallon) very hot water\* (160 - 180°F).
2. Pour into individual dishes, molds or shallow pans. Chill until firm; 4 hours or overnight serve.

TO ADD FRUIT: Chill gelatin until slightly thickened. Add berries, canned or fresh fruit pieces (do not add fresh or frozen pineapple, papaya, figs, guava or kiwi fruit since they interfere with gel set).



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NET WT 24 OZ (1.5 LBS) 680g