



## Low Sugar Fruited Jell-O

### Ingredients

- 1 cup boiling water
- 1 (3-ounce) package sugar-free Jell-O, any flavor
- 1 cup orange juice
- 1 cup light fruit cocktail, drained

Makes 4 servings

### Instructions

1. Add boiling water to dry gelatin in a medium sized bowl. Stir until dissolved.
2. Add orange juice and drained fruit, stir.
3. Chill 3-4 hours until gelled.

### Note:

- Diabetic Exchange: 1 fruit.

### Nutrition Facts

Serving Size 1 cup  
Servings Per Container 4

Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein 2g</b>	
Vitamin A 4%	• Vitamin C 45%
Calcium 2%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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